

THE Messenger

Lakes, Bay & Region • February 25 2017

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PERSONS OF INTEREST

KATE AND JOEL BOOY ARE DESIGNERS FROM STRATHPINE AND IPSWICH WHO HAVE JUST LAUNCHED A GLOBAL COLLABORATION WITH THE WORLD'S LARGEST FURNITURE RETAILER. WE FIND OUT HOW THEY DID IT

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PERSONS OF INTEREST

How do two graphic designers from Brisbane find themselves collaborating with the world's largest furniture retailer to produce functional furniture art that's sold all around the world?

INTERVIEW AND PICS BY DAN FIDLER

Kate and Joel Booy (of Strathpine and Ipswich respectively) studied design at Griffith Uni's College of Art before starting Studio Truly Truly in the Netherlands. To say Truly Truly make furniture would be almost fundamentally incorrect. IRL, the husband and wife team reconcile beautiful materials to create fascinating objects that function. They apply that artistic approach to furniture, textiles, lighting and more.

The duo was asked to deliver such an object for IKEA's designer PS 2017 range. IKEA's PS collections are designer endeavours that explore the future of design and the home through the eyes of progressive designers. For boutique outfits like Kate and Joel's Studio Truly Truly, the IKEA PS collaborations represent a professional experience on a scale that - quite literally - cannot be matched, exposing their products to a global audience that might otherwise be beyond their reach.

On this side of the counter, it gives people like you and me an opportunity to get our hands on thoughtful, forward thinking designer gear at IKEA prices.

Using the generously open brief, Kate and Joel created a rug and a cushion for the collection but it's the almost other-worldly steel framed sofa, lined with 18 small pillows that took our eye.

We had an opportunity to speak to them about it.

Hi guys, can you tell us about your path from graphic design in Brissy to the Netherlands?

K: We did graphic design for a while and then we got some projects that were in a museum window (at the Judith Wright Centre) that were really sculptural, with lighting and shapes that we designed. We realised that we like expressing ourselves in more dimensions

J: Graphic design didn't suit us perfectly. We found we enjoyed having something in the hand, dealing with the way the light falls on the object and manipulating the materials.

K: After realising that we liked to work with three dimensional design, Joel was inspired to study again in the Netherlands.



DON'T EVER WORK FOR FREE. SO MANY YOUNG DESIGNERS DO, BUT WHEN YOU WORK FOR FREE, PEOPLE WON'T VALUE YOUR WORK.

What did you study in the Netherlands?

J: Design again. Exact same degree [laughs].

K: The course had the same name but it's a completely different approach. In Europe it's a process driven conceptual approach, so there's a lot of working with your hands, experimentation, seeing what's special and what you can get out of that. So it's not like drawing a chair and that's it. Instead, you make the chair with a lot of exploring and testing.

Truly Truly has an art-like approach to design. What can you tell us about your process from design to finished product?

J: We start with materials. We find something within the materials that is interesting or satisfying to us in some way, once we have that inspiration we try to create a really simple expression of it. The reason it feels a bit art-like I suppose is because we're not only trying to create a functional chair, we're trying to stimulate the senses.

Does form or function come first?

K: I don't think either takes preference.

J: They're absolutely interlinked. We won't ever make something that's just functional without being absolutely certain of its form as well. Form, function and something that gives an emotional response, to us, cannot be separated.

Your previous projects have a bespoke appeal to them. Was your process different working with IKEA?

K: No. Our process with IKEA stemmed from the same exploration of materials so whether we're applying that to a mass produced

object that's used in the home or a more artistic piece, where function is less important, it's always the same process.

J: With IKEA, we were deconstructing how a sofa *should* be and found we were playing with form again. In the process of tensioning cushions you get this natural leaf shape and we noticed it was more beautiful than a plain cushion and all of sudden we were creating a new visual image. We didn't draw it and say this is how it should be.

How long did it take you to create the IKEA sofa?

K: It started with a week-long tour of textile producer's factory in India. So we saw a lot of techniques used with knitting and tufting and we asked questions and learned all about what was possible. We formed ideas of what could be interesting. When we came back we had a couple of weeks to think about it, then about a week to create the idea.

J: There was a deadline, but we didn't have to have to the finished product, it was a deadline to show what we were thinking with ideas and sketches.

K: Then it took months after that to develop and refine.

J: The PS collection was started in 2014, development finished in 2015 and is ready for worldwide release in 2017.

What did you learn from IKEA that you'll take back to Truly Truly?

J: A lot! It's been really good to work with IKEA. IKEA is actually the first manufacturer that we've worked with and they're a big manufacturer who are still taking on artistic ideas. A lot of the projects you'll see on our website are small, research driven objects. We learnt to cut back for

practical reasons – simplifying materials, learning to be smarter.

K: We learnt that you can create the same desired outcome without being overcomplicated and to streamline the process and materials.

Were there more or less constraints on design?

J: IKEA has really given us freedom to have a crack and do what we really want to do – for the brief – we weren't asked to make a chair.

K: There was brief in terms of getting inspiration to get the ball rolling, but there weren't specific restrictions. I respect their bravery and trust.

How did the IKEA collab come about?

J: It was a series of events. IKEA was doing a creative tour around Eindhoven and seven out of 150 studios were recommended to the creative team to look at, ours was one of them. They looked at a visual identity exhibition we did for a building in Eindhoven, and then they came into our studio. They were efficient. They came into our studio at exactly the time they said they would, they spent seven minutes there and on the way out said "hey, do you want to come and work for IKEA?"

K: They asked us to collaborate on a textile collection first and invited us to the head office in Sweden. It was really exciting to be asked directly.

J: [laughing] When we got to the head office it was helpful that we didn't know who was who, because the head of IKEA – a super cool and calm but also very powerful guy – was in the room.

The IKEA PS 2017 range seeks to explore the future of design and the changing nature of the home, how do you see the nature of the home

changing?

J: For us it already has. We live in a different environment to this. Our apartment is tiny so we don't have that much in it.

K: With this project we focussed on young adults and how they're moving around a lot, often it can be quite a nomadic lifestyle. Homes are expensive to buy and there are a lot of renters so we need to consider that with furnishing. Furniture needs adaptability, it should be customisable and flexible for future use in different ways

Do your PS 2017 designs address this change?

K: The sofa in particular has that customisability. It's up for personalisation – so people can express themselves through it however they like.

J: And with being able to separate an object into its materials, like you can with our sofa, means it's better for recycling, but also for materials that are 'in the cycle' already. Because it's just cushions that means you can use any cushions, not just IKEA ones.

What are your predictions for the future of design?

K: I hope that we can get material choices that are smarter and more innovative. With IKEA there's all this focus on sustainability, they're always looking to improve.

J: I think there will be a smartening up of the materials we use. I hope that we're all using materials that last longer - that the objects you own aren't wasteful. One of the reasons we deconstructed the sofa in this way is because we didn't want to have MDF glued to foam, and fabric sewn underneath that you can't separate. Our sofa is steel with cushions. The cushions are still cushions when you take them off. The steel frame can be reused and the steel itself can be recycled easily.

Bearing in mind that there are 17 designers featured in the IKEA PS 2017 collection, what is your favourite piece in the collection? [laughs all around]

Both: Our sofa.

K: I'm really excited about how it has turned out to be honest. We are impressed that IKEA have made

such a bold move with us and went for it...

J: We didn't think they'd go with it at first

K: We use one in the studio, it's where we take our breaks or read a book.

Okay, Okay, if you were asked to pick a favourite piece *not* by you?

J: That would be Matali Crasset's lamp.

K: The torch in the cage. It's portable but what's cool about it is that you can sit it on all different angles and the cage will support it.

J: It's a very French design.

Do you have any advice for aspiring designers?

J: You need to create the right stage for someone to see you and to know who you are. We decided that we needed to go to a big school where just by graduating you have a massive audience like the Design Academy Eindhoven.

K: ... though Australia is evolving and now there are more opportunities here now.

J: We've been noticing a lot more Australians getting an audience lately, which is great.

K: Another bit of advice I'd give is that with every project you take on you have to really give it your everything because you never know where it's going to take you.

J: And don't ever work for free. So many young designers do, but when you work for free, people won't value your work. When you charge, they will respect your work more.

K: Don't be scared to say no. If the work doesn't agree with you, you don't have to say yes.

What's next for Truly Truly:

We're currently working on two more projects for IKEA. They gave us a window to look in and asked us to create things in this vista

Thanks for your time and congratulations on the collaboration.

Keep an eye out for Kate and Joel's future projects with IKEA projects, which will be in the form of a limited edition range and another piece in IKEA's regular range in 2018.

The entire PS 2017 range is in stores now.

So how is the sofa? I'm no furniture reviewer but I've sat on few chairs and I like sitting on this one. The piece forgoes the usual IKEA naming convention but you won't miss it in store.

It's striking, larger than you expect, but still a small-space-aware corner chair that comfortably seats two people. It has two colourways, an arm that can switch sides, and you can push two together to make a couch. It's sturdily built on a steel frame and lined with removable pillows making it lean but also luxurious. As an object it's quite beautiful, clever, and best of all... super comfy on your bum.



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RETAIL TRADING HOURS OVERHAUL

Overhaul of Queensland's retail trading hours to create jobs, protect workers and increase choice for consumers

Responding to the 13 recommendations of the trading hours review, Premier Annastacia Palaszczuk said current trading hours were restrictive, confusing and imposed extra costs on businesses, employees and consumers.

"The Government will make wide-ranging reforms to trading hours in Queensland to create more jobs," she said.

The retail trade industry in Queensland employs 255,000 Queenslanders or 11% of all jobs across the State, paying \$9.9 billion in wages and accounting for \$76 billion in sales.

Independent studies on the relaxation of trading hours have projected an economic benefit to Queensland ranging from \$200 million (Queensland Competition Authority, 2013) and \$253 million (Henry Ergas, 2014).

The National Retailers' Association estimated substantial deregulation would deliver a \$440 million boost to Queensland's economy and add the

equivalent of 3109 full-time jobs.

The Premier said the current regulation of trading hours is confusing for consumers and complex for retailers.

"Under the current trading hour regulations, you can buy a boat in Queensland on a Sunday, but not a car or a caravan," she said.

"There are 99 different trading hours' provisions. For Sunday alone, there are 30 different trading zones across Queensland."

"Once an independent retail shop has more than 20 employees on the shop floor, they fall into the non-exempt shop category. This acts as a brake on employment."

The legislation will standardise Sunday and public holiday trading across Queensland. Will allow Easter Sunday trading and allow butchers, special exhibitions and trade shows to trade without restriction. Will open up applications special trading for international events (the Commonwealth Games) and businesses selling motor vehicles will be able to trade on Sundays.

However, all non-exempt shops must be closed on Good Friday, ANZAC Day, Labour Day and Christmas Day.

To facilitate the change, there will be a five-year moratorium on further trading hours' applications to amend the allowable trading hours for non-



exempt shops with a commitment to further review prior to the end of the moratorium period.

Industrial Relations Minister Grace Grace said a massive 99 trading hour provisions, contained in over 40 pages of orders would be replaced by just six.

"These changes simplify and bring uniformity to trading hours' arrangements, allowing retailers to set their hours to best service their customers' needs," she said.

"This is a huge reduction in red tape that will mean more jobs for Queenslanders, a stronger economy, and healthier retail competition - which means lower prices for customers.

"Importantly, no-one will be made to work any of the additional hours allowed by the changes unless they have voluntarily agreed to do so."

THE RETAIL TRADE INDUSTRY IN QUEENSLAND EMPLOYS 255,000 QUEENSLANDERS, PAYS \$9.9 BILLION IN WAGES AND ACCOUNTS FOR \$76 BILLION IN SALES.

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There was excitement off pitch also when nearly 100 Russell Coights packed the stadium



BRISBANE GLOBAL RUGBY TENS

The inaugural Brisbane Global Rugby Tens a success both on and off the pitch.

The new event saw two day ticket sales topping 29,000 with a live audience of close to 60,000 able to check out the action at Suncorp Stadium over the weekend of February 11 and 12. Peak attendance (the highest number of ticket holders inside the stadium at any one point) occurred on Saturday afternoon, when over 24,000 ticket holders packed into the shaded side of the stadium.

"Considering the extreme weather over the weekend we were delighted with the turnout,"

Duco Events Australia chief executive Rachael Carroll said.

New Zealand Super Rugby team The Chiefs were crowned champions of the 2017 Brisbane Global Rugby Tens, defeating the Crusaders 12-5 in a thrilling final at Suncorp Stadium to etch their name in history as the inaugural winners of the tournament.

The Chiefs overcame an early 5-0 deficit to produce a fitting tribute for Sione Lauaki, the former All Black and Chief who passed away recently at the age of 35.

Minister for Tourism and Major Events, Kate Jones, said the inaugural Brisbane Global Rugby Tens was a signature addition to Tourism and Events Queensland's \$A460 million major events calendar.

"This exciting new event has been a real celebration of world-class rugby in a world-class

stadium, showcasing Queensland to a global audience," Ms Jones said.

"This competition, with its carnival atmosphere, has provided a fantastic experience for rugby fans in its first year attracting thousands of interstate and international visitors.

"We expect Rugby Tens will continue to grow from strength to strength and help to reinforce Queensland's reputation as a premier event destination."

Queensland Reds wildcard Radike Samo's massive hit on All Blacks centre Seta Tamanivalu on day one saw him awarded the trophy for producing the tournament's outstanding defensive play.

The award will now be named the "Radike Samo Best Defensive Play Award".

Shaun Stevenson was named MVP of the final and also claimed the Chris Latham trophy for being the tournament's top try scorer.



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DOB IN A DRUG DEALER

Anonymously online

Police Minister Mark Ryan, Superintendent David Tucker and Detective Superintendent Jon Wacker launched a new reporting tool to help police tackle the supply and distribution of ice in the community recently.

QPS Community Contact Command Superintendent David Tucker said the community played an integral role in helping police disrupt crime, providing information that could form the foundation of an investigation or the piece of a puzzle that is the obstacle to helping solve a protracted or cold case.

"To ensure the public has the ability to provide this crucial information, the QPS has developed an online reporting tool, specifically focused on information relating to the distribution and possession of ice," Superintendent Tucker said.

"The online tool not only complements the existing suite of resources available to the public, including Crime Stoppers and Policelink but allows a community who is already online the ability to tell us what they know using a platform they are already familiar with."

The tool can be anonymous, allowing anyone the opportunity to provide police

what they know, but the user can also provide their email address, should they wish to provide further information in future.

"Information provided in the form will be used by police to drive operational responses and target their resources, honing in on those selling these horrendous drugs to our young people," Superintendent Tucker said.

Police Minister Mark Ryan said the Queensland Police Service does a tremendous job in this area, but cannot achieve this in isolation.

"With intelligence suggesting the threat posed by organised syndicates is of particular concern, we must ensure we provide police the support they need to win this war," Minister Ryan said.

"In 2015 our Government committed \$20 million over four years to allow for the development of strategies, the expansion of capabilities and the formation of systems to tackle this issue both now and into the future.

"We know drugs are the fuel that keeps organised crime going. It is essential we target the source in order to get the most effective results."

The online form will be available from <https://www.police.qld.gov.au/apps/reports/ReportaDrugDealer> and anyone with information is encouraged to hop online and provide details that could help fight dangerous drugs.



Information provided will be used by police to drive operational responses and target their resources

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CIVIL AVIATION SAFETY AUTHORITY TO HELP YOU DRONE SAFE

Web-based app to help drone flyers fly safely and responsibly.



The Civil Aviation Safety Authority (CASA) has teamed up with specialist company, Drone Complier, to develop a smartphone, tablet and web-based app to help drone flyers fly safely and responsibly.

The app, called 'Can I fly there?' is due to be launched in May this year.

The app will allow those flying drones for fun, or under the new sub-2kg commercial category to enter a location where they are proposing to fly. It will then flag nearby 'no-drone zones' such as airports, helicopter landing areas and other restricted areas.

It will also flag 'no-drone zones' areas where emergency services such as firefighters are operating.

potential for them to fly their drone inadvertently in a way that might cause a threat to aircraft or other people.

'This app will provide them with the relevant content and services they expect to have at their fingertips when out flying.'

Drone Complier's Chief Executive Officer, Wayne Rochat, said that they were excited to have been selected by CASA to support the Australian sub 2kg drone category.

'Our software is focused on ensuring simple drone compliance, delivering safety and simplicity for both hobbyist and enterprise customers,' Mr Rochat said.

'Drone Complier's new app will

DRONE FLYERS MUST STAY MORE THAN 30 METRES AWAY FROM OTHER PEOPLE, NEVER FLY AROUND CROWDS OR GROUPS OF PEOPLE AND KEEP THEIR DRONE IN SIGHT AT ALL TIMES.

THERE ARE PENALTIES WITH FINES OF UP TO \$9000.

CASA's Group Manager, Aviation, Graeme Crawford, said that the app would also educate Australia's drone community on what rules to follow.

'The app will encourage these drone flyers to operate responsibly and to follow our standard operating conditions each and every time they fly,' Mr Crawford said.

'We know people want to have fun with their drones. We want to help them do this safely by reducing the

provide CASA with a capability to execute on their vision to create safe skies for all.'

Drone flyers must stay more than 30 metres away from other people, never fly around crowds or groups of people and keep their drone in sight at all times. There are penalties for breaking the drone rules, with fines of up to \$9000.

The app will be available in May from the regular places.



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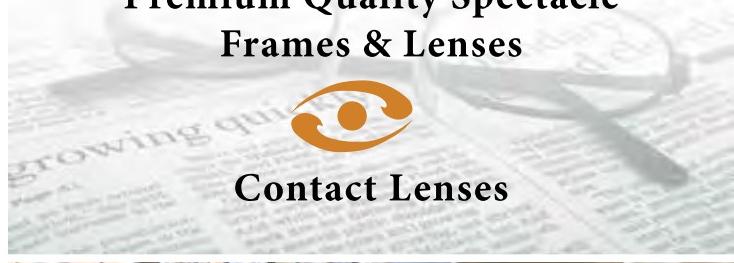
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Humble food trucks, which are popping up across the city, are leading the way when it comes to culinary health and safety, with 96 per cent of Brisbane food trucks achieving exceptionally high food safety standards in 2016, as part of Council's EatSafe program.

Brisbane Lord Mayor Graham Quirk said Brisbane City Council was working closely with food trucks, restaurants and cafés to ensure people could have greater confidence when dining out in Brisbane.

"Council carried out over 6,400 food safety inspections last year, including 136 food trucks, as part of our commitment to enforce stringent food hygiene requirements," Cr Quirk said.

"Food trucks are assessed on a strict criteria, which includes assessments of how food is thawed, if it is being left on the counter too long, if ingredients are refrigerated appropriately and if the business is clean and well maintained.

"Food trucks have really blown us away with how seriously they take their food safety, with a whopping 96 per cent achieving an EatSafe rating of three and above."

"An ever-increasing number of people are seeking out their favourite travelling treats across Brisbane, so it's great to see such positive results in an emerging industry."

"Demand for establishing mobile food businesses in our city is booming and Brisbane foodies continue to be spoilt for choice, with the number of new food trucks nearly doubling from when they first joined the EatSafe program in 2010."

Cr Quirk said EatSafe was a rewards-based incentive, with compliant businesses eligible for annual licence fee discounts and opportunities to promote their business by displaying their star rating in-store and on Council's website.

"Last year alone, Council carried out more than 1,000 inspections in response to feedback and complaints as part of its commitment to enforce stringent food hygiene requirements," he said.

"6,538 food businesses achieved an EatSafe rating of three and above, while Council continues to work with outlets, through education and online training, that are rated between zero and two."

For more information on Eat Safe visit www.brisbane.qld.gov.au



Pain Free – Stress Free Dentistry!

Smiles Dental Care in Margate has just celebrated its sixth birthday, and is delighted that it has become a favourite among residents. The newer Mango Hill practice is fast becoming just as popular with residents in that area. With a fresh modern approach, and the latest equipment and technology, patients no longer need to fear going to the Dentist, as one of their most popular services is pain free and stress free Dentistry.

The University of Adelaide's recent survey suggests that approximately 63% of Australians ignore dental health due to fear of going to the Dentist.

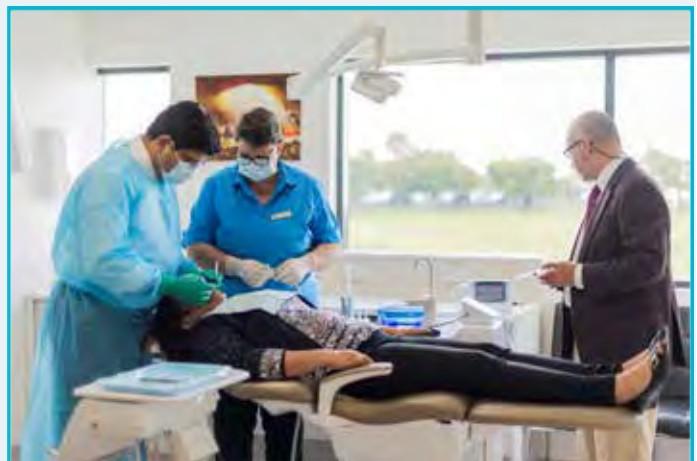
"We understand that most people are nervous when it comes to going to the dentist, so we offer them a way to relax and calmly gain the smile they want and deserve. Our patients are loving the services we provide and no longer put off coming in to see us." says Principal Dentist Dr Amol Dabholkar.

Smiles Dental Care have partnered with experienced Anaesthesiologist Dr Oscar Cifuentes for Sedation Dentistry. Dr Cifuentes is the saviour for nervous dental patients as he enables them to receive necessary dental treatments while they sleep in the dental chair. With no potentially expensive hospital fees, and often a Medicare rebate, this treatment option has become more affordable for people who generally would avoid going to the Dentist.

Sedation Dentistry is beneficial for a wide range of people with various dental fears and phobias, which affects a large number of the population. Dental phobias, a fear of needles, and patients with a strong gag reflex, or patients requiring complex dental treatment are just some of the types of patients that have been able to successfully receive treatment with Sedation Dentistry.

Smiles Dental Care's main goal is to deliver pain free and stress free dentistry to all patients in a pleasant and caring environment. Experience has proven that it is possible for even the most fearful of patients to be successfully treated with minimal pain and stress with Dentistry under sedation.

"I urge residents not to put off their dental treatments any longer. Dentistry has come a long way in recent years and with all the technology we have here at Smiles Dental Care there is no need to fear the dentist anymore!" says Dr Dabholkar.



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COUNCIL NEWS WITH JULIE GREER

Representing North Lakes, Mango Hill, Griffin and parts of Kallangur and Deception Bay

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260 Moreton Bay Region residents became Australia citizens on Australia Day



Hi everyone,

Welcoming new citizens to Moreton Bay

More than 260 residents from across the Moreton Bay Region recently became Australian Citizens at Council's Australia Day citizenship ceremonies. Amongst those welcomed, there were 82 new citizens from the United Kingdom, 28 from New Zealand, 25 from India, 25 from the Philippines and 22 from South Africa. Of these candidates 80 were from Division 4.

Moreton Bay is one of the fastest-growing regions in the country, with its annual population growth of five per cent being well above the national average of two per cent.

Moreton Bay Australia Day Awards 2017

Citizen of the Year: Leanne Dinning of Rothwell

Young Citizen of the Year: Lakeisha Patterson of Caboolture

Sports Award: Jodie Kenny - Burpengary

Youth Sports Award: Evana Pelite of Deception Bay and Tayla Harris of Cashmere

Volunteer of the Year: Bill and Sandy Twigg of Ferny Hills

Environment Award: Dr Ben Diggles of Banksia Beach

Arts & Culture Award: Tobi Clark of Ferny Hills

Clean Up Australia Day - Sunday 5 March 2017

"When rubbish is gone, nature can carry on."

Pitch in this Clean Up Australia Day to help protect and improve our natural environment so future generations can continue to enjoy a healthy, outdoor lifestyle. Join over 10,000 residents in the Moreton Bay Region and volunteer on Clean Up Australia Day to save littered resources, clean up and conserve our local parks, reserves, and roadside areas.

View registered open clean-up sites at www.moretonbay.qld.au/cleanup and be part of the Australia-wide team raising awareness that littering

and illegal dumping is not OK. For more information, refer to the national Clean Up Australia Day website at www.cleanup.org.au

Know Your Neighbour (Neighbours Day)

Moreton Bay Region is a great place to live with a great sense of community; and great communities start with great neighbours. On Sunday 26 March, Neighbour Day is the perfect opportunity to say hello. Knowing your neighbour can help in times of emergency or extreme weather, boost neighbourhood safety and help to create a friendly and inclusive community.

There are a number of ways you can get involved; host a get together at a local park, join a local community group or sporting organisation, take part in a local event or program or lend a hand and join council's volunteer program. For more information visit www.moretonbay.qld.gov.au/knowyourneighbour

Make the switch and receive your council rate notice by email

Register with embrc to receive your next council rate notice by email. It's easy, convenient and provides you with electronic reminders and links to flexible online payment options. Visit www.moretonbay.qld.gov.au/embrc

If I can assist any resident further with any matters please call me.

Julie Greer, Councillor for Division 4 Moreton Bay Regional Council.

PO Box 159 CABOOLTURE QLD 4510. Council : 3480 6666. Office : 3480 6705. Mobile: 0409 274 517. Email: Julie.greer@moretonbay.qld.gov.au.

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3480 6666.**

Upcoming Events

The Moreton Bay Region has many events and activities on offer, for a variety of ages. Visit www.moretonbay.qld.gov.au to start exploring the Moreton Bay Region.

Saturday 25 February 2017

North Lakes Movie in the Park

4pm - 8.30pm

North Lakes Town Common, Little Burke Street & Endeavour Boulevard North Lakes

Come along to this great FREE family event. There will be loads of free pre-movie entertainment with the feature film "Alice Through the Looking Glass" commencing at 7pm. Fundraising sausage sizzle, popcorn and fairy floss will be available for purchase so bring your family, chairs and picnic blanket for a fun night.



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I DON'T WANT TO GO HOME AFTER WORK ANYMORE

Hi Leonie,

I always read the Messenger and would like you to look (as best you can) at my following concern. I married my wife 23 years ago. She was a nurse and I was a wardsman and in the beginning she had tons of energy and was very career focused.

Around 10 years ago she more or less just dropped her bundle saying she wanted to be a stay at home mom to our only child (a daughter who is now 18 and living with her boyfriend. So the child she was staying home for has gone but she won't go back to work.

She says she has done enough and that the house is paid for and we can live OK on my wage. Well we can live on my wages but we can't save, replace cars or go on holidays.

My wife takes nasty swipes at me constantly and I can't remember the last time we had a civil conversation. It's been like this for years. She tells me she hates my guts but the hand is always out for the money. She is constantly saying she is too sick to clean the house and moans constantly that we have nothing. She is not sick. She does not have depression (we have had all the screening done) she is just bone lazy and it's all we fight about these days.

I'm not sure if I still even love her and I'm at the end of my rope. She loves your weekly piece in the messenger but will not go for couples counselling. She would rather lay in bed half the day and watch TV than do any work of any kind. She has gained an enormous amount of weight and now has to have her sugars tested each fortnight.

I find that I don't want to go home after work anymore feeling very low about my circumstances. How can you fix a marriage when only one person is working at it?

Name withheld/Griffin

Hi,

The simple answer is that you can't fix a marriage when only one person wants to fix it. There are times when a marriage should be ended. One of these times is when couples counselling has not bought a cohesive way to move forward (counselling is not only about saving a relationship. It's also about finding out if in fact it should be saved) so there is no guarantee that counselling would save the marriage.

Another time, as in your case, can be if one partner will not consider doing the work to fix the issues but is happy to keep living with things the way they are. In which case there is little hope for the marriage to survive. It's a huge red flag if nothing ever gets resolved and you find yourself bickering constantly and having the same arguments over and over with no resolution. Disagreeing in a marriage is normal but if the fighting is constant, there is no intimacy and there is never any forward movement, the relationship could be called toxic. Intimacy is very important to a relationship because skin on skin contact helps to keep us bonded. If we are cuddling and kissing often, making love, showering together and holding each other while we watch TV and so on, we are releasing bonding hormones called Oxytocins. Often called the "cuddle hormone" this helps us stay bonded to each other. If one partner is hurtful with their comments or physically or emotionally abusive things have to change. Either the marriage gets help or the healthy choice is to end the union.

You might consider asking yourself why you stay in the face of such abuse and relationship apathy when your child is gone and you have no religious constraints making you stay.

Perhaps consider asking your wife if she will work on the marriage one last time, making it clear that you are seeking to end the marriage if she chooses not to engage with you in sorting out your issues.

Til next week, Leonie

ABOUT LEONIE

Leonie Scilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.



E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner at *North Lakes Counselling Services*

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STEREOTYPES SHACKLE RECOVERING DRUG USERS

WRITES DOCTOR ANITA GREEN, BRISBANE NORTH PHN

Negative stereotypes about drug-users are continually perpetuated in the media, but a local study has found this practice may be hindering the recovery of injecting drug-users.

A study led by University of Queensland School of Psychology researcher Dr Courtney von Hippel found that people recovering from substance dependence find it harder to function within society if they believe they are the target of stereotypes.

"People with a history of drug abuse are often regarded as irresponsible, unreliable and less trustworthy," Dr von Hippel said.

"This societal disapproval can result in feelings of 'stereotype threat', or the belief that they're the target of demeaning stereotypes.

"Stereotype threat can have a detrimental effect on performance, with the ironic consequence that targets of stereotypes can confirm the very stereotype they are trying to deny," he said.

Dr von Hippel said that in some cases, all it takes for a drug-user stereotype to become a reality is the belief that others are stereotyping them.

The study, published in the British Journal of Clinical Psychology, involved 80 participants from a methadone outpatient program.

"Participants who reported high levels of stereotype threat in relation to their drug history also reported poorer social function," Dr von Hippel said.

"Effective social functioning, such as independent living and the ability to successfully engage in social interactions and activities, represents

a major part of recovery and is also a good predictor of retention in methadone maintenance programs," he said.

Health Direct Australia, a Government-owned, not-for-profit organisation helps Australians to manage their health by providing round-the-clock access to health information.

It advises that it may not always be immediately obvious when a loved one is using drugs, despite the stereotypes.

Health Direct Australia recommends talking honestly to the person you are worried about, and to look out for certain signs in the person's environment that may point to drug use.

These include burnt foil, which may have been used for smoking heroin, tiny pieces of cling wrap, paper or card used to wrap drugs.

Also look out for hand rolled cigarettes with filters made from cardboard, syringes, pipes and plastic bottles or drink cans that have been pierced or tampered with.

Changes in behaviour can also be a sign that someone is using drugs.

Such changes can include a person appearing withdrawn or inactive, or extreme changes in mood, increased spending or loss of possessions, changes in sleeping patterns and appearing agitated or restless.

The good news is more drug and alcohol treatment services are available in North Brisbane for people who need support to overcome methamphetamine (ice) and other forms of substance dependence.

Brisbane North PHN has commissioned Lives Lived Well and the Institute for Urban Indigenous Health (IUIH) to deliver additional alcohol and other drug treatment services to help people regain control over their lives and break the cycle of dependence.

Anyone experiencing drug or alcohol problems can call Lives Lived Well on 1300 727 957. Aboriginal and Torres Strait Islander people can also call the IUIH on 07 3648 9500.

IT MAY NOT ALWAYS BE IMMEDIATELY OBVIOUS WHEN A LOVED ONE IS USING DRUGS, DESPITE THE STEREOTYPES

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.



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EMOTIONAL FREEDOM TECHNIQUE FOR STRESS AND ANXIETY

By Marion Grimshaw, Zen Chi Natural Therapies

Stress and anxiety are part and parcel of everyday life, and are increasingly a part of our fast paced modern lifestyles. People are looking for natural alternatives to stress management, and Emotional Freedom Technique is one avenue worth examining.

What is Emotional Freedom Technique?

Emotional Freedom Technique (EFT) is based on the Chinese meridian system, with the body comprised of - and divided into - energy fields. Any blockages to these energy fields are viewed as the primary source of psychological and physical problems. EFT makes use of aspects of Chinese traditional medicine, particularly acupressure to **relieve a wide range of issues including emotional issues such as depression, fears and phobias, panic attacks, compulsions; including stress and anxiety.** This is achieved by a series of tapping motions on selected pressure points. As well as these emotional aspects, EFT provides relief for a range of **physical ailments including headaches, pain management and weight issues.**

Stress and Anxiety

Stress and anxiety affects people in different ways. Those less able to deal with stress may exhibit symptoms that include irritability, sensitivity to criticism, loss of concentration and poor sleep patterns. Managing stress is one way of protecting yourself from the potential negative health implications. Some easy ways of managing stress include exercising regularly, maintaining a healthy diet, avoiding stressful situations, sleeping well and finding ways to relax and enjoy yourself. Other disciplines such as yoga, meditation and EFT are increasingly utilised alongside these measures to aid recovery and healing.

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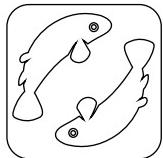
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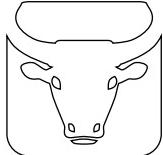
Aquarius Jan 21-Feb 19: You're often drawn to the things you can't have, but does that make you a perfectionist or a neurotic? You'll find out when something you've yearned for becomes available.



Pisces Feb 20-March 20: You're finally in sight of your goal after months of steep uphill climbing. Redouble efforts and you'll be there by the end of this month.



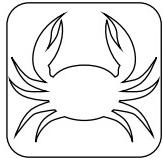
Aries March 21-April 20: You won't get what you want on the first try or even the second. However this does a lot to improve your reach so that when you finally grasp it, you'll hold on to it.



Taurus April 21-May 21: Ask a grumpy type out for coffee. Your goodwill gesture will go a long way towards bridging differences.



Gemini May 22-June 21: It took a lot to build an "us" into a relationship. Now that you've bridged the gap between "me" and "you" you can truly begin a new chapter.



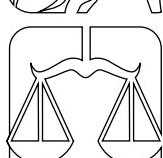
Cancer June 22-July 23: An offer creates a dilemma. Pass and wonder what if? Or accept and settle for what you can get now? Wait until the end of the month to decide.



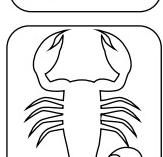
Leo July 24-Aug 23: You can't divulge what was said, but you can certainly use it to push someone in the right direction. Just be subtle about it.



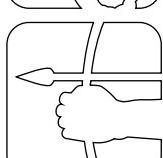
Virgo Aug 24-Sept 23: someone who delights in making life difficult do you a good turn instead. It's entirely unintentional so don't say anything!



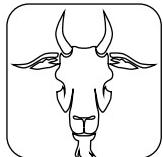
Libra Sept 24-Oct 23: Today you experience a breakthrough, but you can still get more. Why settle for a beta dog when you can be alpha?



Scorpio Oct 24-Nov 22: It's amazing how centered you become when you have a million things to do. Proof again that you run in circles when there's too much time on your hands.



Sagittarius Nov 23-Dec 21: It won't be easy decompressing, but relations improve thanks to the moon. You can lower those deflector shields now.



Capricorn Dec 22-Jan 20: You're at a crossroads at work. But don't wait on your superior. Circulating that resume improves your bargaining power.



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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra. Saturday. (PG) **12.00** Hot In Cleveland. (PG) **12.30** Fish'n With Mates. **1.00** Who Do You Think You Are? (PG) **2.00** Married At First Sight. (PG) **3.30** Married At First Sight. (PG) **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Movie: Crocodile Dundee II. (PG) (1988) Paul Hogan. **9.15** Movie: National Lampoon's Vacation. (M) (1983) Chevy Chase, Beverly D'Angelo, Randy Quaid. A family goes on a road-trip holiday. **11.15** Movie: A Guy Thing. (M) (2003) Jason Lee. **1.15** Anger Management. (M) **1.45** Nine Presents. (PG) **2.00** TV Shop. **2.30** Movie: Sweeney 2. (M) (1978) **4.30** Global Shop. **5.00** Extra. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.30** Power Rangers Dino. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Clarence. (PG) **3.00** Gumball. **3.30** We Bare Bears. (PG) **4.00** Justice League Unlimited. (PG) **4.30** Movie: Pokémon 3: The Spell Of Unknown. (PG) (2000) **6.00** Movie: Teenage Mutant Ninja Turtles II: The Secret Of The Ooze. (PG) (1991) **7.45** Movie: Shrek 2. (PG) (2004) **9.35** Movie: The Bounty Hunter. (M) (2010) **11.50** Gotham. (MA15+) **12.50** Adult Swim. (MA15+) **1.20** The Venture Bros. (MA15+) **1.50** Constantine. (M) **2.50** Go Surround Sound. (M) **3.00** Power Rangers Dino. (PG) **3.30** SpongeBob. **4.00** Wild Kratts. **4.30** Gumball. **4.50** Sonic Boom. (PG) **5.10** We Bare Bears. (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Bewitched. **12.30** Horse Racing. Blue Diamond Stakes and Chipping Norton Stakes. **4.00** Surf Patrol. (PG) **4.30** News. **5.00** Creek To Coast. **5.30** Old Weekender. **6.00** News. **7.00** Movie: National Treasure: Book Of Secrets. (PG) (2007) Nicolas Cage, Diane Kruger. **9.35** Movie: Horrible Bosses 2. (MA15+) (2014) Jason Bateman, Jason Sudeikis, Jennifer Aniston. Three men find themselves in debt. **11.50** The Goldbergs. (PG) Adam gives Dana a family ring. **12.20** The Amazing Race. (PG) **1.20** Harry's Practice. **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Sons And Daughters. (PG) **5.30** Harry's Practice.

7TWO

6.00 Shopping. **8.00** The Great Outdoors. **9.00** Room For Improvement. **10.00** House Doctor (A To Z Of Design) **10.30** The Outdoor Room. **11.00** The Travel Bug. (PG) **12.00** To Be Advised. **12.30** Before And After. **1.00** The Great Day Out. (PG) **1.30** Out Of The Blue. **2.00** Creek To Coast. **2.30** Qld Weekender. **3.00** The Great Australian Doorstep. (PG) **3.30** Sydney Weekender. **4.00** No Reservations. (PG) **5.00** Wild Planet: North America. **6.00** Animal Airport. (PG) **6.30** Air Crash Investigation. (PG) **7.30** Mighty Cruise Ships. (PG) **8.30** Movie: Jersey Boys. (M) (2014) John Lloyd Young. **11.20** Citizen Khan. (PG) **11.50** No Reservations. (PG) **1.00** Psychic TV. (M) **4.00** Out Of The Blue. **4.30** Late Programs.

TEN

6.00 Fishing Edge. **6.30** Everyday Gourmet. **7.00** iFish Summer. **8.00** Family Feud. **8.30** Jamie's 15-Minute Meals. **9.00** RPM: Summer Series. **9.30** St10. (PG) **12.00** The Living Room. **1.00** The Doctors. (PG) **2.00** Ben's Menu. **2.30** The Home Team. **3.00** Food Lab By Ben Milbourne. **3.30** GCBC. **4.00** What's Up Down Under. **4.30** Escape Fishing With ET. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** Scorpion. (PG) **7.30** MacGyver. (M) Mac and Jack pursue a corrupt FBI agent. **8.30** Hawaii Five-O. (M) A man wanted for murder seeks asylum. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** 48 Hours. (M) **12.30** 48 Hours. (M) **1.30** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** World Sport. (PG) **9.30** RPM: Summer Series. **10.00** Hogan's Heroes. **11.00** Star Trek: The Next Generation. (PG) **12.00** Jake And The Fatman. (PG) **1.00** Diagnosis Murder. (PG) **2.00** Monster Jam. **3.00** MacGyver. (PG) **4.00** Operation Repo. (PG) **4.30** M*A*S*H. (PG) **5.30** iFish Summer Series. **6.00** Freddie Flintoff: Lord Of The Fries. (PG) Return. **7.00** David Attenborough's Madagascar. **8.00** Gorillas Revisited With David Attenborough. (PG) **9.15** Countdown To Murder. (MA15+) **10.15** Megacities. (PG) **11.15** Megafactories. **12.15** Bellator MMA. (M) **2.15** Monster Jam. **5.15** RPM: Summer Series. **5.45** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.30** Rage. (PG) **11.15** Pointless. **12.00** QI. (M) **12.30** Jonathan Creek. (M) **2.00** Ice Age Giants. (PG) **3.00** Reptilian Battleground. (PG) **4.00** Julia Zeniro's Home Delivery. **4.30** Landline. **5.00** Rick Stein: From Venice To Istanbul. Final. **6.00** Grand Designs: House Of The Year. **6.50** Dream Build. **7.00** ABC News. **7.30** Death In Paradise. (PG) **8.30** Call The Midwife. (M) **9.30** New Tricks. (PG) **10.30** Newton's Law. (M) **11.30** Adam Hills: The Last Leg. **12.10** Rage. (MA15+) **5.00** Rage. (PG)

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU European Championships. Ice Dance competition. **3.30** Byzantium: A Tale Of Three Cities. (PG) **4.30** Secrets Of The Castle. **5.30** Going Places With Ernie Dingo. **6.30** SBS World News. **7.35** The Supervet. (PG) **8.30** Movie: True Grit. (M) (2010) **10.30** Undressed. **11.00** Undressed. **11.30** RockWiz. (PG) **12.30** Soccer. EPL. Southampton v Arsenal. **3.15** Heston's In Search Of Perfection. **3.45** Heston's In Search Of Perfection. (PG) **4.15** Food Lover's Guide. **4.50** SBS Flashback. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

AUSTAR

MOVIES
6.30pm Something Borrowed (2011) Comedy. Ginnifer Goodwin, Kate Hudson. (M) **Romance**
8.30pm The Revenant (2016) Drama. Leonardo DiCaprio, Tom Hardy. (MA15+) **Masterpiece**
10.25pm How To Be Single (2016) Comedy. Dakota Johnson, Rebel Wilson. (M) **Premiere**

GENERAL

7.30pm Doc Martin (PG) **UKTV**
8.30pm Last Man Standing. (PG) **FOX8**
9.00pm Young & Hungry. (M) **FOX8**

DOCUMENTARY
6.00pm Car Fix. (PG) **Discovery Turbo**
7.30pm The Bachelorette Canada. **Lifestyle You**
9.20pm Hell's Kitchen. (MA15+) **Lifestyle Food**

SPORT
6.30pm Football. JLT Community Series. West Coast Fremantle.
Fox Footy
7.00pm Freestyle Skiing. FIS World Cup. Ski Cross.
Eurosport
7.30pm Basketball. NBL Playoffs. **Fox Sports 3**

2502

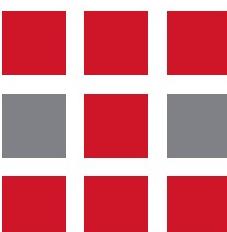
Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



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NINE

6.00 PAW Patrol. 6.30 Dora. 7.00 Weekend Today. 10.00 The Conversation. 10.30 Surfing Australia TV. 11.00 The Wild Life Of Tim Faulkner. 11.30 Endangered. 12.30 The Wildlife Man Featuring David Ireland. (PG) 1.30 In Their Footsteps. (PG) 2.30 Movie: Extremely Loud And Incredibly Close. (PG) (2011) Tom Hanks, Thomas Horn. A young inventor searches New York for a lock. 5.00 News. 5.30 Customs. (PG) 6.00 Nine News. 7.00 Married At First Sight. (PG) 8.30 60 Minutes. 9.30 Lethal Weapon. (M) 10.30 Better Late Than Never. (PG) 11.30 Murder In The First. (M) 12.30 The Last Ship. (MA15+) 1.30 Avengers. (PG) 2.30 Global Shop. 3.00 The Baron. (PG) 4.00 GMA. 5.00 News. 5.30 Today.

GO!

6.00 Children's Programs. 12.00 Yo-Kai. (PG) 12.30 SpongeBob. 1.00 Sonic Boom. (PG) 1.30 Power Rangers Dino. (PG) 2.00 Yu-Gi-Oh! (PG) 2.30 Yu-Gi-Oh! (PG) 3.00 Gumball. 3.30 We Bare Bears. (PG) 4.00 Justice League Unlimited. (PG) 5.00 Ben 10. (PG) 5.30 Movie: Mousehunt. (PG) 1997) 7.30 Movie: Ferris Bueller's Day Off. (PG) (1986) 9.40 Movie: 21 Jump Street. (MA15+) (2012) 11.50 Adult Swim. (MA15+) 12.20 The Venture Bros. (MA15+) 12.50 Car SOS. (PG) 1.50 GO Surround Sound. (PG) 2.00 Power Rangers Dino. (PG) 2.30 Yo-Kai. (PG) 3.00 Yu-Gi-Oh! (PG) 3.30 SpongeBob. 4.00 Wild Kratts. 4.30 Gumball. 4.50 Sonic Boom. (PG) 5.10 We Bare Bears. (PG) 5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Dr Oz. (PG) 7.00 Weekend Sunrise. 10.00 Morning Show. (PG) 12.00 Business Builders. (PG) 12.30 The Franchise Show. (PG) 1.00 To Be Advised. 2.30 To Be Advised. 4.00 Better Homes. 5.00 News. 5.30 The Great Day Out. 6.00 News. 7.00 My Kitchen Rules. (PG) 8.30 Sunday Night. Return. Current affairs program, hosted by Melissa Doyle. 9.30 The Blacklist. (M) Return. An investigation into an international terrorist operating on American soil tests the allegiances of the taskforce. 10.30 Training Day. (M) 11.30 Dynamo: Magician Impossible. (PG) 12.30 Winners & Losers. (PG) 1.30 Harry's Practice. 2.00 Shopping. 3.30 Harry's Practice. 4.00 NBC Press. 5.00 News. 5.30 Sunrise.

7TWO

6.00 Shopping. 6.30 Amazing Facts. (PG) 7.00 Tomorrow's World. (PG) 7.30 Leading The Way. (PG) 8.00 David Jeremiah. (PG) 8.30 It Is Written. (PG) 9.00 Shopping. 9.30 Inside Volleyball. 10.00 Home And Away Catch-Up. (PG) 12.00 Travel Oz. 1.30 The Great Australian Doorstop. (PG) 2.00 No Reservations. (PG) 3.00 The Great Outdoors. 4.00 The Free Range Cook. 4.30 Malaysia Kitchen. 5.00 Lyndey And Herbie's Moveable Feast. 5.30 Homes Under The Hammer. 6.30 Dog Patrol. (PG) 7.00 Border Security International. (PG) 7.30 Border Security USA. (PG) 8.00 Border Patrol. (PG) 8.30 Escape To The Country. 9.30 Damned Designs. (PG) 10.30 Original Features. 11.30 Dog Patrol. (PG) 12.00 Late Programs.

TEN

6.00 Mass. 6.30 Hillsong. 7.00 Joseph Prince. 7.30 Joel Osteen. 8.00 GCBC. 8.30 Everyday Gourmet. 9.00 Ben's Menu. 9.30 St10. (PG) 12.00 I'm A Celebrity... Get Me Out Of Here! (PG) 1.30 The Doctors. (PG) 2.30 Places We Go With Jennifer Adams. 3.00 iFish Summer. 4.00 Car Torque. (PG) 4.30 RPM: Summer Series. Final. 5.00 News. 6.00 Family Feud: Sunday. 6.30 Bondi Rescue. (PG) 7.00 I'm A Celebrity... Get Me Out Of Here! (PG) 8.30 24: Legacy. (M) On the run, Carter must reluctantly trust the CTU. 9.30 Homeland. (M) Saul goes to Abu Dhabi. 10.30 To Be Advised. 11.30 48 Hours. (M) 12.30 48 Hours. (M) 1.30 Shopping. 4.00 The Home Team. 4.30 CBS Morning.

ONE

6.00 Shopping. 8.00 Rugby Union. Super Rugby. Round 1. NSW Waratahs v Western Force. Replay. 10.00 Operation Repo. 10.30 Escape Fishing With ET. 11.00 Fishing Australia. 11.30 Bondi Rescue Cairns To Cape Adventure. 12.30 World Sport. 1.00 Megacities. 2.00 Freddie Flintoff: Lord Of The Fries. 3.00 Megafactories. 4.00 Moments Of Impact. 5.00 What's Up Down Under. 5.30 iFish Summer. 6.00 Family Feud: Sunday. 6.30 M*A*S*H. 7.30 Numb3rs. 8.30 The Greatest Wildlife Show On Earth. 9.30 Movie: Cop Land. (MA15+) (1997) 11.35 VF Confidential. 12.35 The Americans. 1.35 The Americans. Final. 2.35 World Sport. 3.00 RPM: Summer Series. 3.30 Numb3rs. 4.30 Whacked Out Sports. 5.00 The Doctors.

ABC

6.00 Rage. (PG) 7.00 Weekend Breakfast. 9.00 Insiders. 10.00 Offsiders. 10.30 World This Week. 11.00 Compass. (PG) 11.30 Praise. 12.00 Landline. 1.00 Dream Gardens. 1.30 Dream Gardens. 2.00 Show Me The Magic: Don McAlpine. (PG) 3.00 The Mix. 3.30 Australia Wide. 4.00 Australian Story. 4.30 Death In Paradise. (PG) 5.30 Becoming Superman. (PG) 6.00 Julia Zemiro's Home Delivery. (PG) 6.25 My Year 12 Life. (PG) 7.00 News. 7.40 Grand Designs. 8.30 Midsomer Murders. (M) Final. 10.00 Tim's Vermeer. (M) 11.25 The Tunnel. (MA15+) 12.10 You Can't Ask That. (M) 12.40 William Yang: My Generation. (M) 1.40 Midsomer Murders. (M) 3.10 Tim's Vermeer. (PG) 4.30 New Inventors. 5.00 Insiders.

ABC2

6.00 Children's Programs. 4.30 Wiggle Town. 4.35 Olivia. 4.50 Hoopla. 5.00 We're Going On A Bear Hunt. 5.25 Peter Rabbit. 5.50 Dinosaur Train. 6.00 Ben And Holly. 6.15 The Hive. 6.25 Octonauts. 6.35 Peter Rabbit. 6.50 Shaun The Sheep. 7.00 Spicks And Specks. 7.30 River Monsters. (M) 8.20 Gruen Rewind. (PG) 8.30 Mad Dog: The Secret World Of Gaddafi. (M) 9.55 Louis Theroux's LA Stories. (M) 10.55 Born In The Wrong Body: Sex Change Soldier. (M) 11.45 Live At The Apollo. (M) 12.30 Wild Things With Dom Monaghan. (PG) 1.20 River Monsters. (M) 2.10 News Update. 2.15 Close. 5.00 Babar: Adv Of Badou. 5.20 Angelina Ballerina: The Next Steps. 5.35 Dorothy The Dinosaur. 5.45 Little Princess.

SBS

6.00 WorldWatch. 7.30 Italian News. 8.10 Filipino News. 8.40 French News. 9.30 Soccer. EPL. Southampton v Arsenal. Replay. 12.00 Arabic News. 12.30 Turkish News. 1.30 Strip The Cosmos. 2.00 Speedweek. 4.00 Voxwomen Cycling. 4.30 FIFA World Cup 2018 Magazine. 5.00 Small Business Secrets. 5.35 Victory In Europe. (PG) 6.30 SBS World News. 7.35 Pompeii: New Secrets Revealed. 8.30 Is Australia Racist? 9.35 Michael Moore: Where To Invade Next. 11.50 Klansville USA. (PG) 12.50 The Case Against 8. (PG) 2.55 Do I Sound Gay? (M) 4.20 Food Lover's Guide. 4.55 Shane Delia's Spice Journey Turkey Bitesize. 5.00 CCTV English News. 5.30 NHK World English News. 5.45 France 24 Feature.

SBS VLND

6.00 WorldWatch. 9.00 PopAsia TV. 10.00 WorldWatch. 12.00 News. 12.30 News. 1.00 Dead Set On Life. (PG) 1.30 The Island With Bear Grylls USA. (PG) 2.25 United Shades Of America. (PG) 3.10 Big Cats Of The Gulf. (PG) 3.40 Long Shot. (PG) 4.10 Billy On The Street. (PG) 4.35 Community. (PG) 5.00 Community. (PG) 5.25 VICE Does America. (PG) 5.50 VICE Does America. (PG) 6.20 Vs Arashi. 7.15 If You Are The One. 8.30 VICE. (M) 9.05 VICE. 9.35 Hate Thy Neighbour. (M) New. 10.25 Gaycation. (M) 11.15 Gaycation. (M) 12.10 VICE. (M) 12.45 VICE. 1.20 Balls Deep. 1.50 Balls Deep. 2.20 France 24 News In English From Paris. 3.00 Thai News. 3.30 Bangla News. 4.00 Punjabi News. 4.30 WorldWatch.

MOVIES

6.00pm Captain America: Civil War (2016) Action. Chris Evans, Robert Downey Jr. (M) Premiere 8.30pm The Boss (2016) Comedy. Melissa McCarthy, Kristen Bell. (MA15+) Premiere 10.15pm Point Break (2015) Action. Edgar Ramirez, Ray Winstone. (M) Premiere

GENERAL

7.30pm Dance Moms. (PG) Arena 7.30pm The Mick. (PG) FOX8 8.30pm The Real Housewives Of Sydney. Arena

DOCUMENTARY

6.30pm Yukon Vet. (PG) National Geographic People 7.30pm Junior Bake-Off. Lifestyle Food 9.30pm 24 Hours In Emergency. Lifestyle

SPORT

3.00pm Basketball. NBL Playoffs. Fox Sports 3 4.30pm Golf. USLPGA Tour. Honda Thailand. Final round. Fox Sports 1 7.00pm Football. AFL Women's. Fremantle v Adelaide. Fox Footy

2602

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



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Disclaimer: The opinions expressed here are those of the writer and do not represent the opinions of the Messenger. These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent. Your submission will be published at the Editor's discretion. We reserve the right to withhold personal, business and organisation names contained in submissions.

NL is beautiful and so are it's residents

in reply to Once beautiful suburb now long gone:

Wake up to yourself Long Term Resident!

Count yourself lucky, talk about glass half empty. If you were to sell up and reap a decent profit because of all the close at hand amenities North Lakes has to offer, good luck in finding another suburb that has as much.

North Lakes is beautiful and so are its residents. I am so happy & proud to live here and the envy of people in other suburbs.

As for your statement (disastrous traffic movements) yes they could be quicker in some instances but disastrous. Perhaps you could use that word to better describe a massive earthquake or fire & use your time waiting to count your blessings.

A happy & grateful North Lakes resident

We are all poorer for the Omnibus Bill debate

So here we are again, with politicians bouncing the issue of better support for people with a disability around the floor of Parliament House like the proverbial football. Unfortunately all that's being achieved is a massive own-goal.

At what point did it seem like a good idea to pit welfare and families against the National Disability Insurance Scheme? For starters, it's not even a logical argument when the Productivity Commission found that the NDIS would be MORE cost effective than the status quo.

So, having dispensed with the notion that there was a cheaper alternative, the only thing that can be called into question is that of 'need'. Do our politicians believe that people with a disability need and deserve more and better than they've historically received, or don't they?

People across this country have suffered immeasurably as a result of a devastatingly underfunded disability sector. And now, implicitly, they're being asked to apologise for getting what they need, to the detriment of their fellow citizens.

I can only imagine what it must feel like for someone who has been waiting desperately for support, as they watch this debacle play out in Parliament and across media. From finally being told that you had a right to a fulfilling life – that you are a valued member of your community and part of this country's fabric – to having your desperation publicly weighed and measured against that of some of the poorest members of our community. All our leaders have succeeded in doing is creating and debating a humiliating hierarchy of need.

There was never any question that the introduction of the NDIS would be a steep learning curve, and an expensive one at that, but giving with one hand while taking away with the other is downright cruelty. This is a turbulent time – people who have been struggling are desperate to ensure that this opportunity does not slip through their fingers, and those currently reliant on support are terrified of losing what they fought long and hard to secure. Why add to their stress? Why make them winners or losers in an unnecessary political showpiece?

Because ultimately, in social and moral terms, we are all the poorer for this debate.

Andrew Donne, Endeavour Foundation Chief Executive

WHAT'S ON

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Please direct questions about this free service to editor@northlakesmessenger.com.au

BRISBANE STREET ART FESTIVAL

Date: February 11 - March 3

Time: Varies

Location: Various Brisbane and regional locations

Cost: Free

BSAF is an annual public arts event that seeks to provide opportunities for creative practitioners and wider community to engage, collaborate and develop as an avenue for artistic expression. The festival will include: live mural art, music, theatre, light shows, numerous exhibitions, creative master classes, workshops and multiple public forums from some of world's leading creatives offering a diverse program of learning, development, collaboration and fun.

FREE CAREER COUNSELLING

Date: D'Bay Wed March 1 and NL Wed March 22

Time: D'bay 9.30am - 1.30pm, NL 1.00pm - 5.00pm

Location: D'bay and NL Libraries

Cost: Free

Make a plan to find the job of your dreams in a free one hour one-on-one session with qualified career counsellors from QUT Caboolture. Identify, explore, research and plan future career options within your interests with this joint initiative between QUT and the Moreton Bay Region Libraries. Counselling sessions are free, impartial and confidential. Bookings are essential and can be made via yourfuture@qut.edu.au

FREE VISION ASSESSMENT CLINICS FOR LOCALS

Date: throughout 2017 (Next date Tuesday 7 March)

Time: 9am - 12noon

Location: Guide Dogs QLD, 1978 Gympie Road, Bald Hills

Cost: Free

The clinics provide essential services to blind and vision impaired people, or those who are losing their vision. Attendees are offered one-on-one consultations to discuss the latest information on vision conditions and receive personalised advice on life with a vision impairment from industry specialists, including Optometrists. Specialist instructors are also on hand to provide help and advice with low vision aids, adaptive technology and general orientation and mobility.

To book a free appointment call (07) 3500 9060 or email clientservices@guidedogsqld.com.au. Bookings essential.

MYRIAD TECHNOLOGY AND STARTUP FESTIVAL

Date: March 29–31 2017

Location: Brisbane Powerhouse, New Farm

Cost: Tickets start at \$50 for students

Myriad is a three day technology and startup festival packed with local and international speakers, interactive technology experiences and mind blowing live entertainment. Myriad offers a world class program of events, workshops and activities aimed to generate global connections for small businesses, entrepreneurs, and investors alike.

Designed by the some of the minds behind legendary events like SXSW (Austin, Texas) and Slush (Helsinki, Finland), Myriad's festival founders will simultaneously expand your mind and your networks.



NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** The 89th Annual Academy Awards. (PG) **3.00** Afternoon News. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** House Husbands. (PG) **10.00** Botched. (M) **11.00** CSI: Crime Scene Investigation. (M) **12.00** Rizzoli & Isles. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** In Conversation With Alex Malley. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.00** Movie: Pokémon: Lucario And The Mystery Of Mew. (G) (2005) **2.00** Children's Programs. **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Scooby-Doo! (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Science Of Stupid. (M) **8.00** Top Gear. (PG) **9.10** Movie: The Book Of Eli. (MA15+) (2010) **11.30** Two And A Half Men. (PG) **12.00** Thunderbirds Are Go. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Movie: Pokémon: Lucario And The Mystery Of Mew. (G) (2005) **4.50** Power Rangers Dino Charge. (PG) **5.10** Yu-Gi-Oh! (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Accidental Switch. (M) (2016) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Hosted by Pete Evans and Manu Feildel. **9.00** Bride And Prejudice: The Forbidden Weddings. (M) Emotions run deep between father and son. A new couple shares their wedding news with their families. **10.10** Ramsay's Hotel Hell. (M) Presented by Gordon Ramsay. **11.10** Ramsay's Kitchen Nightmares USA. (M) **12.10** Packed To The Rafters. (PG) **1.05** Packed To The Rafters. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Deep. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Dog Patrol. (PG) **12.00** Dr Oz. (PG) **1.00** Annabel Langbein: The Free Range Cook. **1.30** Malaysia Kitchen. **2.00** Homes Under The Hammer. **3.00** Auction Squad. **4.00** Deal Or No Deal. **5.00** Medical Emergency. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Rosemary & Thyme. (PG) Rosemary and Laura become involved in a death. **8.30** Foyle's War. (M) While trying to solve the murder of a war hero Foyle also tackles the world of top-secret weapons research. **10.30** Saved. (M) **11.30** Bargain Hunt. **12.30** Deal Or No Deal. **1.30** Late Programs.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud: Sunday. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** I'm A Celebrity... Get Me Out Of Here! (PG) **9.00** Whose Line Is It Anyway? Australia. (M) Hosted by Tommy Little. **9.40** Life In Pieces. (PG) **10.10** Life In Pieces. (PG) **10.40** The Odd Couple. (PG) **11.10** The Odd Couple. (PG) **11.40** The Project. **12.40** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** The Home Team. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** iFish Summer Series. **9.00** Operation Repo. (PG) **9.30** Reel Action. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Cheers. (PG) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (M) **8.30** Movie: The Last Of The Mohicans. (M) (1992) Daniel Day-Lewis, Madeleine Stowe, Jodhi May. **11.00** Super Rugby Extra Time. **12.00** The Crazy Ones. (M) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Nash Bridges. (M) **4.00** Jake And The Fatman. (PG) **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Landline. **11.00** Grand Designs. **12.00** ABC News At Noon. **1.00** Scott & Bailey. (M) **2.00** Parliament Question Time. **3.15** Father Brown. (PG) **4.00** Antiques Roadshow. **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Pointless. **6.45** One Plus One. **7.00** ABC News. **7.30** **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Golf. PGA Tour. The Honda Classic. Highlights. From Palm Beach Gardens, Florida. **12.25** Rattling. (PG) **1.00** The Mix. **1.30** Rage. (MA15+) **3.30** Death In Paradise. (PG) **4.30** The New Inventors. **5.00** Antiques Roadshow.

ABC2

6.00 Children's Programs. **4.30** Wiggle Town. **4.35** Olivia. **4.50** Hoopla. **5.05** Sarah And Duck. **5.15** Hey Duggee. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Dirty Jobs. (M) **8.15** Gruen Rewind. **8.30** Louis Theroux's LA Stories. (M) **9.30** Reggie Yates: Life And Death Chicago. (M) **10.20** Louie. (M) **10.55** Mad Dog: The Secret World Of Gaddafi. (M) **12.25** Mountjoy Prison. (MA15+) **1.10** Dirty Jobs. (M) **1.55** News Update. **2.00** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Dorothy The Dinosaur. **5.45** Little Princess.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Max Raabe: Tonight Or Never. (PG) **2.50** SBS Flashback. (PG) **3.05** The Missing Evidence. **4.00** Dogs: Their Secret Lives. **5.00** Living Black. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Michael Mosley: Trust Me, I'm A Doctor. **8.30** Date My Race. **9.30** Undressed. **10.00** Undressed. **10.30** SBS News. **11.00** The World Game. **11.30** Mammon. **12.25** Mammon. Final. **1.30** Cucumber. (MA15+) **3.25** Cucumber. (MA15+) **4.05** Cucumber. (MA15+) **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

6.00 WorldWatch. **11.00** Japanese News. **11.35** Hindi News. **12.00** Favela Rising. (M) **1.30** Women's Letters. (M) **1.40** Dead Set On Life. (PG) **2.10** Weeding. (PG) **3.00** News. **3.30** VICE. (PG) **4.00** Space Dandy. (PG) **4.30** MythBusters. (PG) **5.35** If You Are The One. **6.35** Travel Man. (PG) **7.05** News. **7.30** The Feed. **8.00** South Park. (M) **8.30** F*ck That's Delicious. **8.55** Dead Set On Life. **9.20** Movie: Teenage Kick. (2016) **11.15** Movie: Gerontophilia. (MA15+) **12.50** Gaycation. (M) **1.40** Desus And Mero. **2.10** The Feed. **2.40** CCTV News In English From Beijing. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.

MOVIES

6.35pm The Time Traveler's Wife (2009) Drama. Eric Bana, Rachel McAdams. (M) Romance **8.30pm** Pride And Prejudice And Zombies (2016) Horror. Lily James, Jack Huston. (MA15+) Premiere **10.35pm** Jurassic World (2015) Action. Chris Pratt, Bryce Dallas Howard. (M) Action

GENERAL

7.30pm The Walking Dead. (MA15+) FX **8.30pm** The Mysteries Of Laura. (M) Universal Channel **9.40pm** South Park. (MA15+) Comedy Channel

DOCUMENTARY

8.30pm Deadliest Job Interview. (PG) Lifestyle **9.30pm** How To Lose Weight Well. Lifestyle You **10.30pm** GPs: Behind Closed Doors. Lifestyle You

SPORT

4.00pm Bowls. Premier League. Day 1. Fox Sports 3 **8.00pm** Soccer. Premier League Block. Fox Sports 4

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Travel Guides. **10.00** Schwarzenegger The Celebrity Apprentice. (PG) **12.00** Mike & Molly. (PG) **12.30** 20/20. **1.30** Danoz Direct. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** Thunderbirds Are Go. (PG) **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **4.30** Scooby-Doo! (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** RBT. (PG) **8.30** Movie: Shooter. (MA15+) (2007) **11.00** Two And A Half Men. (PG) **11.30** South Beach Tow. (M) **12.00** Thunderbirds Are Go. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Little Charmers. **4.00** Steven Universe. **4.30** Teen Titans. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Yu-Gi-Oh! (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Pastor's Wife. (M) (2011) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Zac and Leah's marriage is in trouble. **7.30** My Kitchen Rules. (PG) Amateur cooks take turns transforming a home into a restaurant. **9.00** 800 Words. (PG) Jan's pregnancy sparks a crisis between George and Fiona. Katie unwillingly gets Shay involved in an art scam. **10.00** Bones. (M) A tutor of privileged students is found dead. **11.00** Chicago Fire. (M) Final. **12.00** Grey's Anatomy. (M) **1.00** Grey's Anatomy. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** Shopping. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Deep. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Air Crash Investigation. (PG) **2.00** Mr Selfridge. (PG) **3.00** Auction Squad. **4.00** Deal Or No Deal. **5.00** Medical Emergency. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Kingdom. (M) **8.30** Judge John Deed. (M) A QC prosecutes a manslaughter case involving the manager and foreman of a building site. **10.30** I Shouldn't Be Alive. (M) **11.30** Bargain Hunt. **12.30** Mr Selfridge. (PG) **1.30** Deal Or No Deal. **2.30** Where The Volcanoes Roared. **3.30** Dr Oz. (PG) **4.30** Auction Squad. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** I'm A Celebrity... Get Me Out Of Here! (PG) **2.30** Ben's Menu. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) **8.40** NCIS. (M) A US Navy lieutenant is discovered murdered aboard a warship playing host to some civilian guests. **9.40** NCIS: LA. An unknown female assailant kills two men. **10.40** To Be Advised. **11.40** The Project. **12.40** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** The Home Team. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Operation Repo. (PG) **9.30** Reel Action. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Cheeers. (PG) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Super Rugby Extra Time. **5.00** Star Trek: The Next Generation. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** 48 Hours. **8.30** Countdown To Murder. (M) **9.30** VF Confidential. (MA15+) **10.30** The Americans. (MA15+) **11.30** Gang Related. (M) **12.30** Home Shopping. **2.00** Get Smart. (PG) **3.00** Nash Bridges. (M) **4.00** Jake And The Fatman. (PG) **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.05** Black As. (PG) **11.15** Pointless. **12.00** ABC News At Noon. **1.00** Newton's Law. (M) **2.00** Parliament Question Time. **3.15** Father Brown. (PG) **4.00** Antiques Roadshow. **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Pointless. **6.45** One Plus One. **7.00** ABC News. **7.30** **8.00** Outback ER. (PG) Final. **8.30** Ice Wars. (M) **9.25** Human Universe With Brian Cox. **10.30** Lateline. **11.00** The Business. **11.15** Q&A. **12.20** Ranting. (PG) **12.55** Rage. (MA15+) **3.30** Human Universe With Brian Cox. **4.30** The New Inventors. **5.00** Antiques Roadshow.

ABC2

6.00 Children's Programs. **4.50** Hoopla. **5.05** Sarah And Duck. **5.15** Hey Duggee. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Job. (PG) **8.20** How To Be A Fan With Hex. (PG) **8.30** Ross Kemp On Gangs. (MA15+) **9.20** Mountjoy Prison. (MA15+) **10.05** Archer. (M) **10.30** Louie. (M) **10.50** Reggie Yates: Life And Death Chicago. (M) **11.45** Hunted. **12.40** Age Gap Love. (M) **1.25** Dirty Jobs. (PG) **2.10** News Update. **2.15** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Dorothy The Dinosaur. **5.45** Little Princess.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Summer Night Concert 2016. **3.30** The Power Of The Placebo. **4.30** Wild Burma: Nature's Lost Kingdom. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great Continental Railway Journeys. **8.30** Insight. **9.30** Dateline. **10.00** SBS News. **10.30** Miniseries: The Heavy Water War. (M) **12.15** Movie: Blue Valentine. (MA15+) (2010) **2.15** Movie: Son Of Babylon. (PG) (2009) **3.55** 24 Hours In Emergency. (M) **4.55** Shane Delia's Moorish Spice Journey Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

6.00 WorldWatch. **9.30** Serbian News. **10.00** Dutch News. **10.30** Nepali News. **11.00** Japanese News. **11.35** Hindi News. **12.00** Movie: Oldboys. (M) (2009) **1.50** Auschwitz On My Mind. (PG) **2.05** Weddiquette. (M) **3.00** News. **3.30** The Feed. **4.00** Space Dandy. (PG) **4.30** MythBusters. (PG) **5.35** If You Are The One. **6.35** Travel Man. **7.00** News. **7.30** The Feed. **8.00** South Park. (M) **8.30** Noisy. **9.20** Atlanta. (M) New. **9.50** Atlanta. (M) **10.15** Desus And Mero. **10.45** Gaycation. (MA15+) **11.35** Movie: Geography Club. (M) (2013) **1.05** The Feed. **1.40** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.

**MOVIES**

6.45pm Dirty Grandpa (2016) Comedy. Robert De Niro, Zac Efron. (MA15+) **8.30pm** The Adventures Of Priscilla, Queen Of The Desert (1994) Comedy. Guy Pearce, Hugo Weaving. (M) **8.30pm** 500 Days Of Summer (2009) Comedy. Zooey Deschanel, Joseph Gordon-Levitt. (M) **Romance**

GENERAL

7.30pm Supergirl. (M) FOX8 **8.30pm** Person Of Interest. (M) FX **9.30pm** Blindspot. (M) Universal Channel

DOCUMENTARY

7.30pm Running Wild With Bear Grylls. Features NFL Super Bowl champion Marshawn Lynch. (PG) **Discovery** **8.30pm** Everest Rescue. (PG) Discovery **9.30pm** Ink Master: Peck Vs Nuñez. (M) TLC

SPORT

7.00pm Football. AFL Women's. Round 4. Melbourne v Carlton. Fox Footy **8.30pm** NBA: The Jump. ESPN

2802

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Planet Earth II. (PG) **8.40** Murder Calls. (M) **9.40** Life Inside Jail. (M) **10.50** Chicago Med. (M) **11.50** The Mysteries Of Laura. (M) **12.50** Extra. **1.20** Nine Presents. **1.30** Danco Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **4.05** We Bare Bears. (PG) **4.30** Scooby-Doo! (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** BattleBots. (PG) **8.30** Movie: Transformers: Dark Of The Moon. (M) (2011) **11.30** South Beach Tow. (M) **12.00** Thunderbirds Are Go. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Little Charmers. **4.00** Steven Universe. (PG) **4.30** Teen Titans. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Yu-Gi-Oh! (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Stolen From The Womb. (M) (2014) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Hosted by Pete Evans and Manu Feildel. **9.00** Murder Uncovered. (MA15+) Investigative news series looking into some of Australia's most infamous crimes. **10.00** Surveillance Oz. (PG) A small mistake with a jersey can turns deadly. **10.30** Surveillance Oz: Dashcam. (PG) **11.00** Blindsight. (M) **12.00** It's Always Sunny In Philadelphia. (M) **12.30** Parks And Recreation. (PG) **1.00** Zero Hour. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Deep. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** I Shouldn't Be Alive. (M) **2.00** Kingdom. (M) **3.00** Auction Squad. **4.00** Deal Or No Deal. **5.00** Medical Emergency. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Jonathan Creek. (M) A doctor is found dead in his study. **8.30** Inspector Morse. (M) Inspector Morse tries to investigate after an English woman is killed in Italy in a freak accident. **10.30** I Shouldn't Be Alive. (M) **11.30** Bargain Hunt. **12.30** Dr Oz. (PG) **1.30** Deal Or No Deal. **2.00** Shopping. **4.00** Medical Emergency. (PG) **4.30** Auction Squad. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Club. (M) **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** I'm A Celebrity... Get Me Out Of Here! (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) **8.40** This Is Us. (M) Rebecca and Jack take Kevin, Kate, and Randall to the community pool on a hot day. **9.40** Madam Secretary. Elizabeth works on peace negotiations. **10.40** Hawaii Five-0. **11.40** The Project. **12.40** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** The Home Team. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** David Attenborough's Madagascar. **9.00** Operation Repo. (PG) **9.30** Reel Action. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Cheers. (PG) **2.00** Kingdom. (M) **3.00** Auction Squad. **4.00** Deal Or No Deal. **5.00** Medical Emergency. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Jonathan Creek. (M) A doctor is found dead in his study. **8.30** Inspector Morse. (M) Inspector Morse tries to investigate after an English woman is killed in Italy in a freak accident. **10.30** I Shouldn't Be Alive. (M) **11.30** Bargain Hunt. **12.30** Sons Of Anarchy. (MA15+) **2.00** Diagnosis Murder. (PG) **3.00** Nash Bridges. (M) **4.00** Jake And The Fatman. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Q&A. **11.05** Wild Kitchen. **11.15** Pointless. **12.00** News. **12.30** Press Club. **1.30** The Book Club. (M) **2.00** Parliament. **3.10** Father Brown. (PG) **4.00** Antiques Roadshow. **5.00** News. **5.30** The Drum. **6.00** Pointless. **6.45** One Plus One. (PG) **7.00** News. **7.30** **7.30**. **8.00** Julia Zemiro's Home Delivery. (M) **8.30** The Weekly. (M) **9.00** Walliams And Friend. (M) **9.30** Adam Hills: The Last Leg. **10.15** Catastrophe. (M) **10.40** Lateline. **11.10** The Business. **11.30** Four Corners. **12.15** Media Watch. (PG) **12.30** The Weekly. (M) **1.00** Rundling. (M) **1.35** Walliams And Friend. (M) **2.05** Catastrophe. (M) **2.30** Rage. (MA15+) **3.35** Golf. PGA Tour. The Honda Classic. Highlights. **4.30** New Inventors. **5.00** Antiques Roadshow.

ABC2

6.00 Children's Programs. **4.50** Hoopla. **5.05** Sarah And Duck. **5.15** Hey Duggee. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Dirty Jobs. (PG) **8.20** Gruen Pitch Rewind. (PG) **8.30** Bodyshockers: Nips, Tucks And Tattoos. (M) **9.20** Special Forces: Ultimate Hell Week. **10.20** Louie. (M) **10.45** Hunted. (M) **11.30** Catfish: The TV Show. **12.15** Outsiders With Darren McMullen. (M) **1.00** Hair. **2.00** Dirty Jobs. (PG) **2.50** News Update. **2.55** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Dorothy The Dinosaur. **5.45** Little Princess.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Who Do You Think You Are? (PG) **3.00** Dateline. **3.30** Insight. **4.30** Wild Germany. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Tony Robinson Down Under. (PG) **8.30** The Truth About Racism. **9.35** Vikings. **10.30** Gangland Undercover. (MA15+) **11.20** SBS News. **11.50** Movie: From Afar. (2015) **2.10** In Search Of Chopin. **4.15** Food Lover's Guide. **4.55** Shane Delia's Moorish Spice Journey Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

6.00 WorldWatch. **10.30** African News. **11.00** Japanese News. **11.35** Hindi News. **12.00** Movie: The First Day Of The Rest Of Your Life. (M) (2008) **2.00** Feral. **2.15** Weddiquette. (M) **3.05** News. **3.35** The Feed. **4.05** Space Dandy. (PG) **4.35** MythBusters. (PG) **5.35** If You Are The One. **6.30** Travel Man. **7.00** News. **7.30** The Feed. **8.00** South Park. (M) **8.30** Balls Deep. **9.20** Balls Deep. (MA15+) **9.50** Movie: I Love You Phillip Morris. (MA15+) (2009) **11.35** Movie: Madame Sata. (MA15+) (2002) **1.30** Desus And Mero. **2.00** The Feed. **2.30** France 24 News In English From Paris. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES
6.30pm The Gunman (2015) Action. Sean Penn, Idris Elba. (MA15+)
10.10pm The Intern (2015) Comedy. Robert De Niro, Anne Hathaway. (M) Premiere
10.10pm Hot Pursuit (2015) Comedy. Reese Witherspoon, Sofia Vergara. (M) Comedy

GENERAL
7.30pm The Flash. (M) FOX8
8.30pm Girls. (MA15+) Showcase
9.30pm Brooklyn Nine-Nine. (M) Universal Channel

DOCUMENTARY
7.30pm Gogglebox Australia. (MA15+) Lifestyle
8.30pm Selling Houses Australia. Lifestyle
9.40pm George Clarke's Amazing Spaces. Lifestyle

SPORT
7.30pm Basketball. NBL Playoffs. Fox Sports 3
9.30pm Sport Special. Fox Sports 1
10.30pm Boxing. 1941 Classic. World Heavyweight Title Bout. Joe Louis v Billy Conn I. ESPN

0103

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** Rugby League. NRL Round 1. Cronulla Sharks v Brisbane Broncos. From Southern Cross Group Stadium, Sydney. **8.50** The NRL Footy Show. (M) Return. **10.35** Travel Guides. **11.35** Two And A Half Men. (M) **12.05** What Would You Do? (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Scooby-Doo! (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **9.00** Movie: Looper. (MA15+) (2012) **11.30** South Beach Tow. (M) **12.00** Thunderbirds Are Go. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Little Charmers. **4.00** Steven Universe. (PG) **4.30** Teen Titans. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Yu-Gi-Oh! (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Lady Killer. (M) (1995) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) John can't live with his guilt. **8.30** Mighty Trains. (PG) Takes a look at The Canadian, a passenger train which travels between Vancouver and Toronto. **9.30** The Investigator: A True Crime Story. (M) Part 3 of 4. Mark manages to get a lead and speaks with one of Patricia's ex-boyfriends. **10.30** Autopsy. (MA15+) A look at the last hours of Joan Rivers. **11.30** Grimm. (M) **12.30** The Amazing Race. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** I'm A Celebrity... Get Me Out Of Here! (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** Gogglebox. TV fanatics open up their living rooms to reveal their reactions to popular and topical shows. **10.00** Law & Order: SVU. (M) **11.00** Blue Bloods. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** The Home Team. **4.30** CBS Morning.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Deep. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** I Shouldn't Be Alive. (M) **2.00** Jonathan Creek. (M) **3.00** Auction Squad. **4.00** Deal Or No Deal. **5.00** Medical Emergency. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** The Vicar Of Dibley. (PG) **8.00** Vicious. (M) **8.30** Murdoch Mysteries. (M) Murdoch finds himself investigating a daring robbery and murder that seems to be the work of a young Harry Houdini. **10.30** Some Mothers Do 'Ave 'Em. (PG) **11.00** One Foot In The Grave. (PG) **11.30** Bargain Hunt. **12.30** Psychic TV. (M) **3.30** Dr Oz. (PG) **4.30** Auction Squad. **5.30** Shopping.

ONE

6.00 Shopping. **8.00** ST: Next Gen. (PG) **9.00** Operation Repo. (PG) **9.30** Reel Action. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Cheers. (PG) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** ST: Next Gen. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Car Crash Global: Caught On Camera. New. **8.30** Cops: Adults Only. (M) **9.00** Movie: The Delta Force. (MA15+) (1986) Chuck Norris, Lee Marvin, Martin Balsam, Joey Bishop. **11.40** Moments Of Impact. (PG) Final. **12.40** Epic Meal Empire. (PG) **1.10** Home Shopping. **2.10** Bellator MMA. (M) **4.10** Cops: Adults Only. (M) **4.40** Epic Meal Empire. (PG) **5.05** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Australian Story. **10.30** Hatch, Match And Dispatch. (PG) **11.00** One Plus One. (PG) **11.15** Pointless. **12.00** News. **1.00** Adam Hills: The Last Leg. **1.40** Media Watch. (PG) **2.00** Parliament. **3.10** Father Brown. **4.00** Antiques Roadshow. **5.00** News. **5.30** The Drum. **6.00** Pointless. **6.55** Clarke And Dawe. **7.00** News. **7.30** **7.30** **8.00** Dream Gardens. **8.30** Newton's Law. (M) **9.30** No Offence. (MA15+) **10.20** Lateline. **10.50** The Business. **11.05** Judith Lucy Is All Woman. (PG) **11.35** The Trip To Italy. (M) **12.05** My Last Summer. (M) **12.55** Ranting. (PG) **1.25** Press Club. **2.25** No Offence. (MA15+) **3.10** The Trip To Italy. (M) **3.40** My Last Summer. (M) **4.30** New Inventors. **5.00** Antiques Roadshow.

ABC2

6.00 Children's Programs. **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Dirty Jobs. (PG) **8.20** Lost In Pronunciation. (MA15+) **8.30** The Weekly. (M) **9.00** Black Books. (PG) **9.25** Catherine Tate's Nan. (M) **10.00** Broad City. (M) **10.20** The Kating Show. (MA15+) **10.35** Arrested Development. (PG) **11.05** Comedy Next Gen. (M) **12.05** Alan Carr: Chatty Man. (M) **12.55** Alan Carr: Chatty Man. (M) **1.40** Dirty Jobs. (PG) **2.25** News Update. **2.30** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Dorothy The Dinosaur. **5.45** Little Princess.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Persons Of Interest. (PG) **3.00** Living Black. **3.35** Richard III: The Burial Of The King. (PG) **4.30** Churchill: A Giant In The Century. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great British Railway Journeys. **8.05** Destination Flavour Singapore. **8.35** Food Detectives. **9.35** Deutschland 83. (M) **10.30** SBS News. **11.00** Atlanta. (M) **11.30** Atlanta. (M) **11.55** Movie: The Army Of Crime. (MA15+) (2009) **2.20** Trivia Nights. (M) **3.15** Britain's Oldest Family Businesses. (PG) **4.15** Food Lover's Guide. **4.50** SBS Flashback. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

6.00 WorldWatch. **10.30** Somali News. **11.00** Japanese News. **11.35** Hindi News. **12.00** Movie: Birdwatchers. (M) (2008) **1.55** Butterflies. (PG) **2.05** Gaycation. (M) **3.00** News. **3.30** The Feed. **4.00** Space Dandy. (PG) **4.30** MythBusters. (PG) **5.30** If You Are The One. **6.35** Travel Man. (PG) **7.05** News. **7.30** The Feed. **8.00** Full Frontal. (M) **8.30** Cyberwar. (PG) **8.55** VICE Does America. (PG) **9.20** Gaycation. (PG) **10.15** Inside The Chinese Closet. (PG) **11.15** Gay Conversion Therapy. (M) **12.05** Desus And Mero. **12.30** The Feed. **1.00** VICE. (M) **1.35** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.

MOVIES

8.30pm Hitchcock (2012) Biography. Anthony Hopkins, Scarlett Johansson. (MA) Masterpiece **10.10pm Brüno** (2009) Comedy. Sacha Baron Cohen, Gustaf Hammarsten. (MA15+) Comedy **10.30pm Mr & Mrs Smith** (2005) Action. Brad Pitt, Angelina Jolie. (M) Action

GENERAL

7.30pm Legion. (M) FX **7.30pm A.P.B.** (M) FOX8 **9.30pm State Of Affairs.** (M) Universal Channel

DOCUMENTARY **7.30pm Homicide Hunter.** (M) Crime & Investigation **8.30pm Snapped: She Made Me Do It.** (M) Crime & Investigation **9.30pm The World's Biggest Flower Market.** Lifestyle

SPORT **8.00pm Rugby League.** NRL Round 1. Cronulla Sharks v Brisbane Broncos. Fox Sports 2 **10.00pm Tennis.** ATP World Tour and WTA Tour. Dubai Championships. Quarter-finals. ESPN2

0203




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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Travel Guides. **2.00** House Husbands. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** Rugby League. NRL Round 1. South Sydney Rabbitohs v Wests Tigers. From ANZ Stadium, Sydney. **9.30** To Be Advised. **10.30** Lethal Weapon. (M) **11.30** Movie: Cheech And Chong's Next Movie. (M) (1980) Cheech Marin, Tommy Chong, Evelyn Guerrero. As a stoner prepares for a date with the girl of his dreams, his friend agrees to entertain his cousin. **1.30** TV Shop: Home Shopping. **2.00** Step Dave. (M) **3.00** The Avengers. (PG) **4.00** Global Shop. **4.30** Good Morning America.

GO!

6.00 Children's Programs. **12.30** Thunderbirds Are Go. (PG) **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.30** Regal Academy. **4.00** Kids WB. (PG) **4.30** The Looney Tunes Show. **4.30** Scooby-Doo! (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Movie: Alvin And The Chipmunks. (G) (2007) **7.50** Movie: Kung Fu Panda. (PG) (2008) **9.35** Movie: Austin Powers: The Spy Who Shagged Me. (M) (1999) **11.35** Mike & Molly. (PG) **12.05** Stalker. (M) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Little Charmers. **4.00** Steven Universe. (PG) **4.30** Teen Titans. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Yu-Gi-Oh! (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Jack Reed: A Search For Justice. (M) (1994) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Johanna Griggs visits the team behind My Kitchen Rules latest instant restaurant. **8.30** Movie: The Help. (M) (2011) Emma Stone, Viola Davis, Octavia Spencer. Three women living in Mississippi during the '60s, build an unlikely friendship. **11.30** To Be Advised. **12.40** The Amazing Race. (PG) Final. Hosted by Phil Keoghan. **1.40** Harry's Practice. **2.00** Shopping. **4.00** Dr Oz. (PG) Dr Oz chats with Dr Peggy Brill about how temperature therapy can help with back pain. **5.00** NBC Today.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Deep. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Better Homes. **2.00** The Real Seachange. **3.00** Auction Squad. **4.00** Deal Or No Deal. **5.00** Medical Emergency. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Wild Planet: North America. **8.30** Escape To The Country. Jonnie Irwin heads to Cheshire with a couple who are on the hunt for an extensive country property. **9.30** Property Ladder UK. (PG) **10.30** Building Dream Homes. **11.00** Before And After. **11.30** Bargain Hunt. **12.30** Deal Or No Deal. **1.00** Psychic TV. (M) **4.00** Dr Oz. (PG) **5.00** Deal Or No Deal. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** Motor Racing. Supercars Championship. Clips 500. Qualifying. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** The Living Room. Lifestyle program, hosted by Amanda Keller, with co-hosts Chris Brown, Barry Du Bois and Miguel Maestre. **8.30** The Graham Norton Show. (M) Guests include Ryan Gosling, Emma Stone, Ben Affleck, Sienna Miller and Gregory Porter. **9.30** To Be Advised. **10.00** To Be Advised. **10.30** To Be Advised. **11.00** To Be Advised. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Star Trek: The Next Generation. (PG) **9.00** Operation Repo. (PG) **9.30** Reel Action. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Cheers. (PG) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **10.30** Highlander. (M) **11.30** Nash Bridges. (M) **12.30** Home Shopping. **2.00** Jake And The Fatman. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Highlander. (M) **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Hatch, Match And Dispatch. (PG) Final. **11.00** #Shelfie With Dan Hong. (PG) **11.15** Pointless. **12.00** ABC News At Noon. **1.00** Murder, She Wrote. (M) **2.25** The Bill. (M) **2.50** The Cook And The Chef. **3.15** Father Brown. (PG) **4.00** Antiques Roadshow. **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Pointless. **6.45** One Plus One. **7.00** ABC News. **7.30** **7.30**. **8.00** QI. (M) **8.30** Broadchurch. (M) Return. **9.20** Miniseries: Black Work. (M) **10.10** The Weekly With Charlie Pickering. (M) **10.40** Lateline. **11.10** The Business. **11.25** Planet America. **11.55** Rage. (MA15+) **5.00** Rage. (PG)

SBS

6.00 WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Barunga Or Bust. **3.00** Tales From The Bush Larder. (PG) **3.30** Floyd's Fjord Fiesta. **4.05** Thai Street Food. **4.35** Jonathan Phang's Gourmet Express. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great British Railway Journeys. **8.05** Great British Railway Journeys. **8.35** Movie: Brokeback Mountain. (M) (2005) **11.05** SBS News. **11.35** Movie: Hemel. (MA15+) (2012) **1.05** The Last Panthers. (MA15+) **2.05** The Last Panthers. (MA15+) Final. **3.05** Miniseries: Death Of A Pilgrim. (M) **4.15** Food Lover's Guide. **4.50** The Lala Road. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

MOVIES
8.30pm Batman V Superman: Dawn Of Justice (2016)
Sci-fi. Ben Affleck, Henry Cavill. (M) Premiere
10.45pm No Strings Attached (2011)
Comedy. Ashton Kutcher, Natalie Portman. (MA15+) Romance
11.45pm Sisters (2015) Comedy. Amy Poehler, Tina Fey. (MA15+) Comedy

GENERAL

8.30pm Elementary. (M) Showcase
10.30pm The Tonight Show Starring Jimmy Fallon. (M) E!

DOCUMENTARY

6.30pm Science Of Stupid. (PG) National Geographic
9.30pm The Coroner: I Speak For The Dead. (M) Discovery
10.30pm Behind Bars: Rookie Year. (M) Crime & Investigation

SPORT
6.00pm Rugby League. NRL. Canterbury Bulldogs v Melbourne Storm. Fox Sports 2
7.30pm Basketball. NBL Playoffs. Fox Sports 3

0303

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

There was a wonderful turnout of nearly 70 members all eager to play the various board games on offer. The room was filled with laughter and spontaneous cheers, but there were also some tables where you could almost hear the brains ticking over Scrabble or Upwords boards. And being Valentines Day everyone received a gift of a heart chocolate to add to what was a fun morning.

Tuesday 28th February 11.30am LUNCH AT MANGO HILL TAVERN, 2 Halpine Drive, Mango Hill. Please note, that this event is for Members only.

Tuesday 7th March 9.45am MONTHLY GENERAL MEETING. Please note that this will be a CLOSED MEETING, open to Members only.

Tuesday 14th March 9.45am Garage Sale/Market Day. Stallholders Members only but visitors welcome to attend.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay District. Please refer to our listing under the Community Notice Board. For more information contact Julie 3886 4552; Joan 3886 5884 or Carmen 3491 9410.

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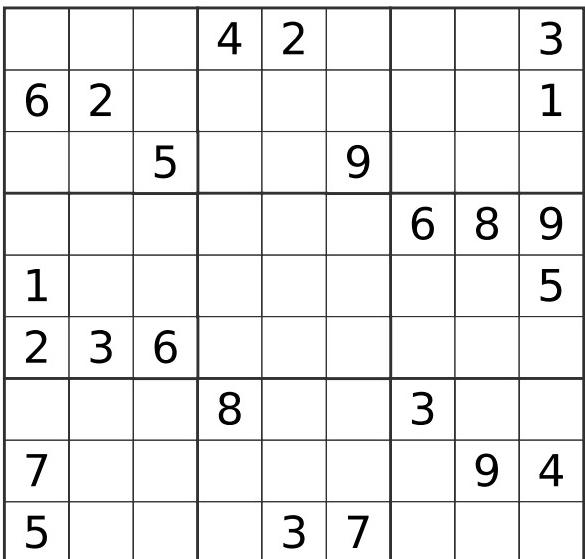


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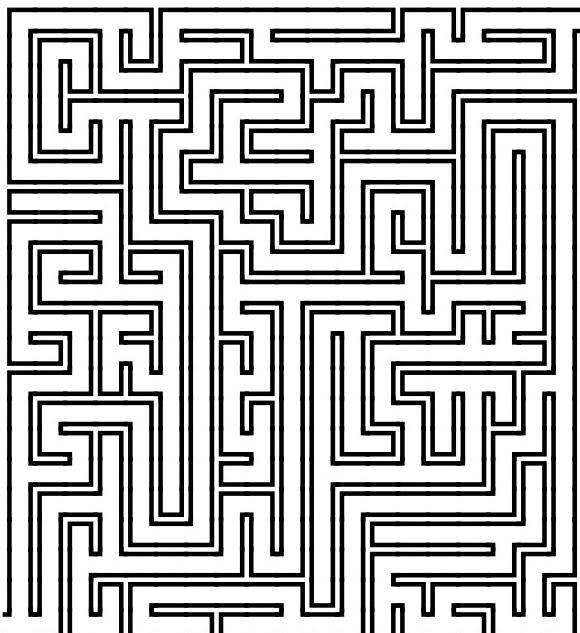
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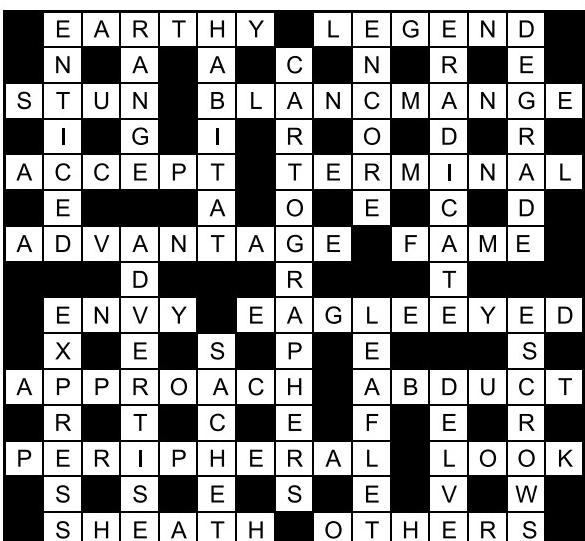
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CROSSWORD SOLUTION FROM LAST ISSUE



CROSSWORD 6467

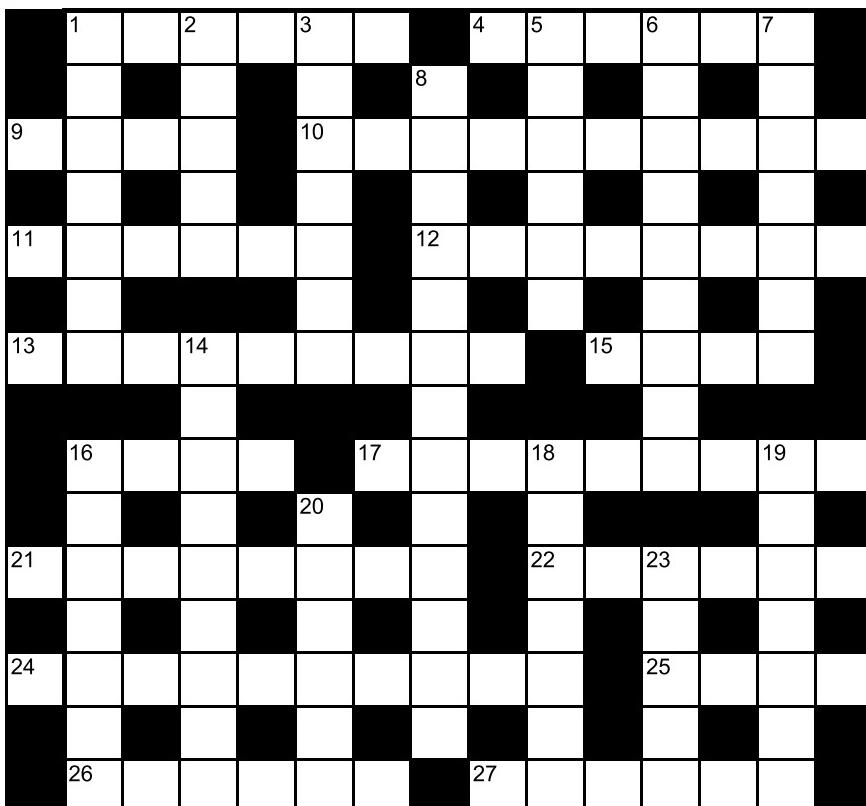
Proofed on a Fordigraph Duplicator by Laurie Stibbe

ACROSS

- 1 Sensible and practical
- 4 Very famous person
- 9 Stupefy
- 10 Almond-flavoured milk pudding
- 11 Receive willingly
- 12 Battery contact
- 13 A benefit from event or action
- 15 Renown
- 16 Begrudge
- 17 Keen-sighted (5,4)
- 21 Come near
- 22 Kidnap
- 24 On or near a boundary
- 25 Perceive with attention
- 26 Covering for a knife or sword
- 27 People near us, but not with us

DOWN

- 1 Lured
- 2 Series of mountains
- 3 Home ground
- 5 Repeated performance
- 6 Destroy completely
- 7 Reduce in character
- 8 Map makers
- 14 Make public via the media
- 16 Train that travels non-stop
- 18 Brochure; pamphlet
- 19 Written agreements
- 20 Small perfume bag
- 23 Dig



COMMUNITY NOTICE BOARD ONLINE

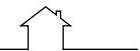
Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

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The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



QUEENSLAND'S BEST BUILDINGS AND BRIGHTEST TALENT

Vie for awards at the Property Council of Australia's Innovation and Excellence Awards

Heritage buildings, shopping centres and large-scale communities are among the 24 finalists from Queensland vying for recognition at the 2017 Property Council of Australia / Rider Levett Bucknall Innovation and Excellence Awards in May.

The awards program, now in its 35th year of partnership with RLB, showcases the exceptional projects, innovative solutions and outstanding achievements of Australia's property industry.

"The calibre of finalists from Queensland reflects our long-standing commitment to high-quality, innovative developments that deliver jobs, prosperity and strong communities," says Chris Mountford, the Property Council's Queensland Executive Director.

"This year, we've got everything from affordable housing to high-end offices, world-leading healthcare and research facilities and large-scale master-planned communities that will be home to thousands of Queensland families," Mr Mountford adds.

Two Queensland developments are in contention for the coveted Woods Bagot Award for Best Public Building: the University of Queensland's Oral Health Centre and the Centre for Children's Health Research at the Lady Cilento Children's Hospital.

"At nearly 30,000 sqm in size, UQ's Oral Health Centre is the largest and most comprehensive facility of its type in the southern hemisphere, while the state-of-the-art Centre for Children's Health Research is the only dedicated child and adolescent research centre in Queensland," Mr Mountford explains.

"The visionary building design at both of these facilities plays an integral role in fostering collaboration, knowledge sharing and innovative work practices."

Brisbane's sparkling office tower at 480 Queen Street is contesting the SAS International Award for Best

Office Development.

"480 Queen Street is more a vertical village than an office. Its inspired design features a public park on the fourth floor and trees on the 32nd, drawing both blue chip tenants and Brisbane's general public to this spectacular new destination," Mr Mountford says.

Three large-scale developments are in the running for the EPM Projects Award for Best Master Planned Community.

"Queensland has built a solid reputation for excellence in master-planned communities, and Fitzgibbon Chase, Springfield Lakes and North Lakes each underscore the innovative approaches

that can enhance the natural environment while enriching the lives of residents," Mr Mountford says.

All national development finalists are in the running for the industry's most coveted prize - the Rider Levett Bucknall Australian Development of the Year award. All development projects named as finalists are also vying for the State Development of the Year award in their state.

Managing Director of Rider Levett Bucknall Queensland, David Stewart, says that the 141 finalists across 20 categories highlight the importance and influence of the awards.

"We have proudly partnered with the Property Council of Australia to present these awards since 1982," Mr Stewart says.

"Over that time, the number of categories and entrants have grown, and the quality of the entries from Queensland - demonstrating technological innovation, design excellence, efficiency and sustainability - has evolved enormously," Mr Stewart adds.

National award winners will be announced at the 2017 Property Council of Australia / Rider Levett Bucknall Innovation and Excellence Awards Gala Dinner, to be held at the International Convention Centre Sydney on Friday 5 May 2017. Tickets are now on sale from www.propertycouncilawards.com.au/

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View Saturday 8.00 - 8.30am

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Huge demand for Vantage Homes QLD terrace and townhouse developments



Designer kitchen from the Vantage Homes terrace display



Bright and spacious main bedrooms, most with walk in robes and ensuite

The opportunity to enjoy everything about the Queensland lifestyle is the driving force behind the strong demand and sales in the North Brisbane Region according to Vantage Homes Sales Executive Sarah Caddy.

“We are living in an age where many buyers don’t want to spend their time mowing lawns and doing maintenance around the home. Queensland is all about enjoying the great outdoors like our stunning beaches, waterways, parks and hinterland and living in a terrace home or townhouse enables residents to live life to the fullest”.

Ms Caddy said buyers have ranged from first home owners who are taking advantage of up to \$30,000 in Government concession right through to baby boomers and retirees who prefer to lead a ‘lock up and leave’ lifestyle.

“With Terraces and Townhouses now selling from \$359,000 in Kallangur, Bracken Ridge, Dakabin, Mango Hill and throughout the Sunshine Coast there’s plenty for people to choose from.

Our standard range and fixed price packages ensure that the house is ready to move in. We include fixtures such as stone benchtops throughout, stainless steel Westinghouse appliances, tiles to living areas and carpets in bedrooms, blockout blinds and flyscreens, fencing, landscaping and even your letter box and washing line.” Sarah said.

Vantage has built a reputation across Queensland as a builder with an emphasis on ‘On time and on budget’ delivery. Vantage’s design portfolio has grown to include a range of award winning homes, architectural abodes as well as terraces and townhomes and it’s that diversity which sets Vantage apart from its competitors.

To find out more or to visit the current range of Vantage display homes call Sarah Caddy on 1300 720 160.

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North Lakes 34 Willandra Parade

Our sincere thanks to Rod following the recent sale of our home. He outlined what he intended to do to achieve a quick, hassle-free sale for us, and he certainly exceeded our expectations in this respect. He kept us informed each step of the way in a friendly and courteous manner, and it was a pleasure to deal with him.

We would highly recommend Rod to anyone looking for a truly professional salesperson.

Karen and Leicester



North Lakes 64 Kangaroo Street

A very big Thank You Rod for looking after the sale of our house. When Rod and I first met we were friends right from the start. Rod was very business like and no stepping back or going sideways. He was always punctual and communication was first class, keeping me informed all the way throughout the sales process.

"I never had time to stress over the sale of my property". Rod made everything so easy.

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Development moves forward

The Dakabin Crossing Luxury Townhouse Development at 140 Alma Road, Dakabin has now begun. The initial works commenced early in February and will see 135 townhouses and terraces completed over the next 18 months.



DAKABIN
CR*SSING

The development includes a swimming pool, park with BBQs, walking tracks and a retail centre which will include cafe, bakery, convenience store and other stores. There is also an on-site caretaker that will live in the manager's residence and maintain the development.

As part of the development, Linzen Property Group, will bring major infrastructure in terms of a road upgrade to Alma Road as well as the future sewerage system to support the Dakabin Train Station upgrade and is working closely with the Dakabin Station Action Group.

Dakabin Train Station is approximately a few minutes walk and is on the Brisbane line and one stop from Petrie which is the University precinct that is promised to open with student intakes in 2020.

Sales of the development have seen both investors and first home buyers grabbing the opportunity for quality housing in the North Lakes expansion area of Dakabin. Stage 1 has been completely sold out with Stage 2 now 80% sold. You can find out more at www.dakabincrossing.com.au.

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